

CANADIAN SKI CHALLENGE

CANADIAN SKI CHALLENGE – SKIER’S GUIDE

Welcome to the Canadian Ski Challenge!

Thank you for registering for the Canadian Ski Challenge (CSC)! This event has been specially created to allow skiers from anywhere in the world to create their own personalised ski challenge. You can ski as much or as little as you like, wherever you are, from January 1 to March 19, 2023. And if you want to experience the true CSM for yourself, we really hope to see you in person at the Canadian Ski Marathon in western Quebec in February 2023!

Now that you’ve registered for the CSC, you have a great deal of flexibility in creating your own personal ski experience to share with the rest of the CSC community. There are no classifications, no categories, and no restrictions – you can ski any 15 km ski trail as many times as you like, or challenge yourself further and try 50 km sections!

PRIZE REQUIREMENTS

We’ve made this event as easy to understand as it is to participate! The CSC has two different challenge levels:

Blizzard

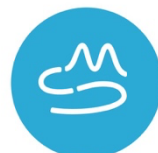
- If you complete a 15 km ski outing, you earn a CSC Bronze Blizzard crest.
- If you complete 5 sections of at least 15 km, you earn the CSC Silver Blizzard crest
- If you complete 10 sections, you earn the CSC Gold Blizzard crest

Nordic

- If you complete a 50 km ski outing, you earn the CSC Bronze Nordic crest
- If you complete 5 sections of at least 50 km, you earn the CSC Silver Blizzard crest
- If you complete 10 sections, you earn the CSC Gold Nordic crest

If you like to ski as much as you can, then you can earn both Blizzard and Nordic awards in the same year. And, if you ski enough 15km and 50km sections that add up to 300 km in total during the CSC time period, you can also earn the JACKRABBIT PRIZE!

Organized by:



CANADIAN SKI
MARATHON
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TRAIL REQUIREMENTS

There is no requirement as to the level of difficulty of the trail which you will select. You may choose as easy or difficult a trail as you feel comfortable with.

The trail itself doesn't have to be a specific length – you can combine multiple loops, go back and forth on a trail, or ski a single trail (or perform any combination) in order to achieve your required distance. Don't worry – you're allowed to stop for bathroom breaks, food and water, and that sort of thing. But you do need to complete the whole distance (15 km or 50 km) in one outing. And if it doesn't work out the first time you try, don't panic, try again another day – you have until March 19!

The trail doesn't have to be in a specific location. Choose a location that works for you. If you are trying for a Gold Blizzard prize, you can ski at 10 different locations, or ski the same trail 10 times – whatever you prefer! For example, as a Bronze Nordic prize skier, you can choose a loop of 25km and ski it twice, stopping at your car or clubhouse after the first round to have a snack and warm fluids. Or do a 17 km loop three times. All we require is that you complete your required category distance. And if you're not sure where to ski, the CSM has a list of recommended ski club trails in a variety of regions. Visit the "Official Training Trails" section on our website for more information, including maps and distances!

<https://skimarathon.ca/official-training-trails/>

BEFORE YOU SKI

At the traditional in-person CSM, we do our best to give our skiers the best possible ski day that we can provide. That means ensuring safe and reliable transport to and from checkpoints, providing food and drink at points along the trail, providing waxing and limited ski repair services, and ensuring first aid and ski patrol services along the trail, which itself is professionally groomed and tended.

But the CSC is a personal challenge that you create yourself. So, we need to stress the importance of making sure that you are adequately prepared for your ski day. This means:

- Please re-read the waiver that you signed (please see Appendix for a copy), and recall what you agreed to when you registered. Please be mindful of those conditions when you ski.
- Assessing your skiing abilities prior to the event, and selecting the appropriate distance and trail difficulty to those abilities;
- Ensuring your equipment is in proper working condition, and, if necessary, bringing appropriate repair equipment (along with the knowledge on how to use it properly);
- Wearing appropriate clothing to suit the climate and conditions in which you will be participating;
- Carrying enough food and water to sustain yourself during your event;
- Having a personal first-aid kit to treat small injuries you may sustain during the course of your event, and bringing a phone to contact emergency services should anything more serious occur;
- Avoid skiing alone, especially if you are using trails that are remote or have less skier traffic;
- Avoid skiing before sunrise and after sunset. Carry a head lamp just in case you finish later than planned;
- [Canadian Red Cross advice for winter activities](#); please visit this site if you need additional guidance prior to your event. You will also find basic information on frostbite on this site.
- Informing non-participating contacts of your whereabouts on the days of your event, and your estimated time of return. **This final item is very important to ensure your safety.**

And where applicable, we require that you follow the appropriate public health rules for your region.

Please ensure that you are fully compliant with any and all requirements, or local laws when you participate in the CSC.

DURING YOUR SKI

Once again, you will be skiing your CSC in a location of your choosing. This means that you may be skiing at a local ski club, in a public park, or on private land. You may be skiing in popular places, or have a trail all to yourself. In any case, proper trail etiquette is always to be followed. Here are some rules that you can follow to ensure that everyone has a good day on the trail:

- Always buy a trail pass when skiing at a commercial center. Your trail fee helps pay for grooming and maintenance of the trails.
- When stopping, step off the trail to leave room for other skiers to pass.
- On double-tracked trails ski single-file except when overtaking.
- When a skier behind calls out "track," move to the right to give them room to pass.
- Avoid cutting off other skiers when entering trails or overtaking.
- Ski in the specified direction on one-way trails.
- Descending skiers have right-of-way on hills. Climbing skiers should move as far to the right of the trail as possible when oncoming skiers approach.
- Fill in sitzmarks (snow indentations made by a fallen skier) after falling on trails.
- Pack out any garbage that you have brought with you. Leave nothing but tracks, take nothing but pictures. (And take lots of pictures!)
- Avoid walking on ski trails--footprints decrease grip and glide.
- Skating on classically groomed trails will similarly disrupt the grip and glide of classic skiers.
- Leave your dog at home--dogs not only leave paw prints (and more unpleasant things) but can also cause an accident.
- Stick close to the trail--you may get lost or your tracks may lead other skiers astray.
- Respect private property. Some landowners are gracious enough to allow use of their land. Trespassers may cause this privilege to be revoked.

THE CSM GREEN INITIATIVE

As you know, since 2019 we have started a green initiative program with the aim of reducing the ecological footprint of the event as much as possible.

Here are a few tips to help you help our planet:

- Don't litter! Pack out any waste you might create, and dispose of it properly when you get home. Remember to recycle and compost appropriate items!
- Minimize the waste you do make. Consider using reusable containers for your food and drink.
- Instead of packaged snacks, try making your own snacks! Maybe try these recipes: <https://triathlonmagazine.ca/nutrition/recipe-sweet-and-salty-energy-bites/> or <https://www.geopleinair.com/chroniques/sante-chroniques/de-or-en-barres-8-recettes-de-barres-energetiques-testees-pour-vous/>
- If you plan to drive to your ski location, consider carpooling with other participants.
- You can even offset your carbon footprint from the drive. Visit www.planetair.ca or other sites to find out how!

AFTER THE EVENT

Once you've completed your CSC, we want to hear all about it! In order to give you proper credit for your event, we need you to submit some information about your CSC experience. You don't need to send us any GPS data, just the date, location and distance of each outing.

When you have finished a ski activity, please use this link to submit your results.

<https://forms.gle/ZspJq7Uhc8bkL5DY6>

If you have a Google account, you can re-enter the form after each activity and add your next outing. If you don't have a Google account, we prefer that you wait and submit all your activities at the same time, though they can be done one at a time. When the CSC has ended on March 19, 2023, we will tabulate the results and send out the awards and buffs to the remaining skiers.

And regardless of your prize challenge, please feel free to share pictures and videos of your event on social media! Photos of your ski centre, your day on the trail, your equipment - all of these will help to encourage others in the community and keep the CSC spirit alive!

ANY OTHER QUESTIONS?

We hope we answered all your questions, but if you still have additional questions, please contact us! Visit our website at skimarathon.ca., visit our Facebook page and send us a message, email us at ski@skimarathon.ca or contact the CSM office at 1-877-770-6556

SEE YOU (VIRTUALLY) ON THE TRAIL!!

APPENDIX – CSC waiver

ACKNOWLEDGMENT, ASSUMPTION OF RISK, and RELEASE of LIABILITY

In consideration of the Canadian Ski Marathon accepting my entry in the Canadian Ski Challenge ski event (hereinafter “the Event”), I (or my child), intending to be legally bound, for myself, my heirs, my executors, and administrators, agree as follows:

I understand that the Canadian Ski Marathon Inc. (hereinafter called the “CSM”) is a non-profit organization managed in good faith by a volunteer Board of Directors. It runs a cross country skiing events every winter.

I understand that my participation in the Event requires adequate aerobic, physical, mental and technical preparation, clothing adapted to the variable temperature, weather and snow conditions in winter. I will use proven equipment in good working condition.

I understand that the very nature of the Event requires a certain level of autonomy to manage the physical challenges that normally arise from extreme cold temperatures and fatigue, including musculoskeletal pain, digestive problems, irritations, blisters and minor injuries. I will carry enough liquid and food to cover the distance I intend to cover and I will hydrate sufficiently prior to and regularly during the Event. I will monitor for signs of frostbite and will seek immediate medical assistance at the first signs of any symptoms.

I represent and warrant that I am physically fit to participate in the Event and I agree to immediately remove myself from participation in the Event if I feel that I am physically, emotionally or mentally unfit for continued participation in the Event.

I acknowledge the following:

- The Canadian Ski Marathon has not designated a start or finish site for this event.
- The Canadian Ski Marathon has not defined a specific route that must be covered and I will choose the trail that I will ski on.
- The trail I choose is likely to have natural hazards (including but not limited to ice, slush, water, holes, rocks, roots, trees, branches, fallen leaves, etc.) which are an integral part of the definition of these activities. Some of the trail may pass over frozen lakes or streams with a variety of winter surface conditions. I also understand that the natural setting is favorable to the presence of wild animals including certain large mammals (bears, coyotes, lynx, moose, deer, etc.).
- I understand that CSM has no control over the natural environment, including, but not limited to, all hazards described above.
- There will be no medical services provided to any participants.
- No support services, namely first aid, hydration/food and checkpoints, will be provided in any fashion.
- Each participant will complete the event based on personal preference and capability (pace, cadence, aerobic threshold).
- Each participant is responsible for continuously monitoring exertion during the event and the manner in which medical attention is sought.
- Each participant will complete the event in a location that allows cross country skiing, whether a ski club, ski park, or private property where participant has right to make use of property

I pledge to do the following in support of my participation in this event:

- Comply with all public health requirements in the jurisdiction where I will be skiing, including social distancing practices
- Observe the rules and regulations of the ski club / ski facility / private property where I am undertaking my virtual event
- Respect the natural environment in which I am undertaking my event
- Carry a cell phone or other personal communication device during the event.

RISK ASSUMPTION and RELEASE OF LIABILITY

In consideration of the CSM accepting my entry in the Event, I (or my child), intending to be legally bound, for myself, my heirs, my executors, and administrators, agree as follows:

I understand that the Event in which I voluntarily choose to participate involves inherent risks and dangers associated with cross country skiing, including the risk of equipment breakage and the risk of injury or death and I accept full responsibility for any losses, costs, and/or damages for any injury suffered by me or to my property by any means, and howsoever caused, including, but not limited to, the negligence, gross negligence, breach of contract or breach of statutory duty of care on the part of the CSM, its directors, officers, employees, volunteers, organizers, contractors, associates, representatives, sponsors, successors and assigns (who are all collectively part of the "CSM"). I also agree to assume full responsibility for all damages of any nature resulting from my non-compliance with any CSM regulations.

I AGREE that the CSM shall NOT BE LIABLE for any such personal injury, death, or property loss as a result of my participation in the Event and I release the CSM and WAIVE ALL MY RIGHTS and CLAIMS with respect thereto.

I AGREE NOT TO SUE the CSM for any loss, injury, costs or damages of any form or types, howsoever caused or arising, and whether directly or indirectly from my participation in the Event. By entering into this agreement, and in exchange for my participation, I DO HEREBY RELEASE AND FOREVER DISCHARGE the CSM of and from any actions, causes of action, demands, claims and/or liabilities of whatsoever nature and kind which might arise from my participation in the Event and any such actions, causes of action, demands, claims and/or liabilities that I have or may in future have.

I AGREE TO INDEMNIFY and to SAVE and HOLD HARMLESS the CSM from any litigation expense, legal fees, liability, damage, award, or cost, of any form or type whatsoever, they may incur due to any claim made against them, or any of them, as a result of my participation in the Event whether the claim is based on the negligence or gross negligence of the CSM or otherwise.

I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT **I AM GIVING UP CERTAIN SUBSTANTIAL LEGAL RIGHTS INCLUDING THE RIGHT TO SUE.**

Finally, I accept that the laws of Quebec apply and agree that only the courts of Quebec have jurisdiction in the event of any claims.