

# Safety, it's part of our NATURE

Cross-country skiing has its risks. In the great outdoors, preparation and prevention are the key to a safe and enjoyable experience. Put all the chances on your side; make safety your priority.



## CROSS-COUNTRY SKIING

## BEFORE YOU GO

- ✓ Before your first outing, it is advisable to take a training course or invite an experienced skier to accompany you.
- ✓ Plan your outing with the park's official map.
- ✓ Choose an itinerary that suits your abilities and those of your fellow skiers. Take into account the distance to be covered, the level of difficulty of the trails and the presence of shelters.
- ✓ Check the weather and trail conditions. Adjust your objectives accordingly.
- ✓ Dress appropriately for winter. During the activity, adapt your layers of clothing according to your level of effort in order to better manage your body temperature.
- ✓ Bring along the essentials: a means of communication, water and food, a headlamp, a trail map, a first aid kit, and contingency supplies.
- ✓ Make sure your equipment – skis, bindings, boots and poles – is in good condition. If in doubt, have it checked by a professional.
- ✓ Inform a close friend about your itinerary and its duration. This person will be your guardian angel and can notify emergency services should you go missing.
- ✓ Make sure you know the rules and regulations, and hours of operation. Get a pass at the park entrance or online.

## WHEN OUT ON THE TRAILS

- ✓ Write down the emergency contact number and the procedure to follow when in areas without mobile phone coverage.
- ✓ Leave early enough to complete your activity before dark or have the necessary equipment to remain safe after sunset. Don't forget that winter days are shorter.
- ✓ Stay on the trails at all times and obey the signs.
- ✓ At intersections, take the time to check your position and wait for your partners.
- ✓ Control your speed and keep a safe and respectful distance from other skiers, especially when going downhill.
- ✓ If you stop or fall, immediately move to the side in order to keep the trail clear.
- ✓ When going downhill, it is best to move out of the tracks to facilitate stopping.
- ✓ It is recommended that you not wear headphones so you can hear skiers behind you and vehicles at intersections.
- ✓ Conserve your energy by taking regular breaks. Use this time to eat and drink.
- ✓ Respect your limits and do not hesitate to turn back if the chosen route proves too difficult.
- ✓ It is wiser not to set out by yourself.

## WHEN YOU RETURN

- ✓ Let your guardian angel know once you are back.
- ✓ Let park staff know of any breakage or potentially dangerous areas observed during your visit.

## RECOMMENDED EQUIPMENT

- Backpack
- Skis, boots, poles
- Wool socks
- Multi-layer clothing: base layer (long underwear), insulating layer (fleece or down) and protective layer (waterproof-breathable coat and pants)
- Warm coat for breaks
- Tuque, tubular scarf, gloves or mittens
- Fully charged phone and a whistle
- Map of the trails
- Water in an insulated container and a sufficient amount of food
- Headlamp and extra batteries
- First aid kit
- Sunglasses and sunscreen
- Lighter and fire starter
- Hand and foot warmers
- A piece of insulating foam mattress
- Hand sanitizer
- Toilet paper
- Garbage bag

*For a long day with breaks in huts, it is advisable to bring a change of clothes so that you can be dry when getting back on the trails.*