

Fort Saskatchewan Nordic Ski Club Cross Country Ski Equipment Guidelines and Lease Equipment Policy

From Start to Advanced Skiers – 2014 - 2015

Lease Equipment Policy

Fort Sask. Nordic Ski Club has a classic ski equipment (skis, boots, poles) lease program. Skiers lease the club equipment for the ski season then return it at the end of the ski season. (Note: (parents/guardians sign off on the equipment when skiers are younger than 18) A deposit cheque is required to ensure the lease equipment is returned at the end of the ski season.

The purpose of the lease ski equipment is:

- Introduce/provide easy access to the sport. (for children, teens and adults)
- Provide simple access to the ski equipment, as a benefit of membership, at a reduced rate. Skiers are required to be taking part in a FSNSC ski program to obtain lease ski equipment

After the initial learn to ski period, as noted in this document, club members will be guided and encouraged (and in some cases required) to obtain their own ski equipment.

The lease equipment.....

- The priority is to provide the lease equipment 1st to club members in good standing (paid current membership) who are in one of FSNSC's learn to ski programs (i.e. bunnies, jackrabbits, youth on skis, learn to ski lessons).
- Must be a club member to obtain the equipment
- If after these programs start, (about 3rd week of January) & there is extra ski equipment left over, it may be leased to club members for their use for the purpose of learning to ski in the ski season.

Ski Equipment

Bunnies – this is the perfect age for the ski club's lease equipment. Waxless classic skis, boots are provided. Poles are usually not needed at this stage in the program so they may not be provided.

Jackrabbits – **Level 1** – Again at this level of development the ski club's waxless skis, boots and poles are still great to obtain. And since children's feet size change quickly at this age, leasing the skis is a great way to go.

Jackrabbits – **Level 2** – The focus and skills learned at this stage continues to be on the development of mostly classical skiing techniques in Level 2. Again at this level of development, the ski club's waxless skis, boots and poles can be used. **However**, it is also at this stage when a waxable classic ski can be introduced, and in this case the skis must be obtained/purchased by the parent or guardian. The club does not lease waxable skis.

Jackrabbits – **Level 3** – At this level of development the skier will be learning skate skiing on a regular basis. As a result this is the stage of development a good **combi boot** is strongly recommended. A waxable classic ski is also required to be obtained at this stage (ie parents or guardian need to purchase these). The ski club can provide skate skis (with SNS binding system)...(so if getting a combi boot do get one with SNS system) to be used at each lesson and then be returned at the end of the lesson. So this means the parent/guardian only needs to obtain a classic waxable ski set.

Jackrabbits – **Level 4** - at this stage, to learn the ski techniques being taught, the skier **must** **have a pair of waxable classic skis**, and **2 sets of ski poles (classic and skating)**. It is at this stage when the **skier generally must obtain their own ski equipment**. However, if taking part in the Sunday programs, the club can still lend out the skate skis to the skier for each lesson and they are then returned at end of the lesson. Again combi boots recommended at this level.

Youth on Skis - **Learn to ski** - The ski club lease equipment is available to skiers

Youth on Skis – **Active for Life**... the more advanced group (skiing a few years) - Skiers are expected to start to have their own ski equipment (classic or skate). The club will have some skating skis for skiers to use in their lessons with SNS bindings.

Performance Team – At this stage the skiers must have their own ski equipment that includes a minimum of pair of combi boots, 1 pair of classic and 1 pair of skate skis, 1 pair of classic poles and 1 pair of skate skis. Latter in this stage, and as the skier take part more and in their development advances, the skier will generally have separate skate and classic boots, and more than 1 pair of classic and 1 pair of skate skis. If any questions talk to the club's Senior Coach.

Adults - When starting out, the ski club has a limited supply of skis, boots and poles to provide on the lease program. After the 1st season of leasing the equipment, and taking the learn to ski program, a skier must purchase their own ski equipment for their needs.