

OUTINGS, SAFETY, AND TRAINING POLICY

Orange County Sierra Singles

Angeles Chapter -- Sierra Club

APPENDIX -- SKIING

May 1986

Approved

By majority vote of the OCSS Management Committee on:

7-14-86 by Larry Cole Secretary of the Committee

By the Angeles Chapter Safety Committee on:

11-17-86 by Bob Fisher Chapter Safety Chairperson

(Signatures Scanned from Original Document)

TABLE OF CONTENTS

1.0	Scope.....	1
2.0	Approval	1
3.0	Outings, Safety and Training Policy.....	1
3.1	Outings Policy	1
3.1.1	Outings Committee	1
3.1.2	Scheduling of Skiing Outings.....	1
3.1.3	Handling of Finances	1
3.2	Safety Policy for Skiing	1
3.2.1	Safety Administration	1
3.2.2	Approval of Proposed Skiing Outings	2
3.2.3	Classification of Outings by Skill Requirements	2
3.2.3.1	Downhill or Cross-Country Skiing in Patrolled Areas	2
3.2.3.2	Cross-Country Skiing.....	2
3.2.4	Ski Tour Leadership Requirements	2
3.2.4.1	Qualification of Ski Tour Leaders	3
3.2.4.2	Appointment of Ski Tour Leaders	3
3.2.4.3	Leader Records	3
3.2.5	Participant Requirements	3
3.2.5.1	Classification of Participants.....	4
3.2.5.2	Qualification of Tour Participants	4
3.2.5.3	Judging Ski Skills	4
3.2.6	Equipment	5
3.2.7	Special Requirements for Ski Tour Conduct.....	5
3.2.8	Accidents Injuries, and Emergencies.....	6
3.2.8.1	Protection of Injured Skiers.....	6
3.2.8.2	Accident Reporting and Investigation.....	6
3.3	Training	6
3.3.1	Participant Training	6
3.3.2	Leadership Training	6
4.0	Enforcement	6

Appendices

A	Sierra Club Qualifying (Fourth Class) Ski Test
B	Sierra Club Advanced (Third Class) Ski Test
C	Sierra Club Ski Mountaineering Test

- 1.0 **Scope** - This appendix to the OCSS Outings, Safety, and Training Policy covers OCSS skiing activities. In the event that the provisions of this appendix conflict with the overall policy, the provisions of this appendix shall govern.
- 2.0 **Approval** - This policy shall become effective when approved by a majority of the elected Management Committee of Orange County Sierra Singles and by the Angeles Chapter Safety Committee.
- 3.0 **Outings Safety and Training Policy** - Skiing outings shall be managed under the general provisions of the OCSS Outings, Safety, and Training Policy, with the following additional provisions:
- 3.1 **Outings Policy** - Skiing outings shall be planned and scheduled as follows:
- 3.1.1 **Outings Committee** - The OCSS Management Committee shall appoint the chairperson of the Ski Subcommittee of the OCSS Outings Committee. The subcommittee shall consist of those voting members of OCSS who have volunteered to serve as skiing leaders (including bus and ski tour leaders) or ski trip helpers (including cooks and reservationists) for the current and next ski season. The subcommittee shall recommend scheduling, financial, and other policies to the OCSS Management Committee and shall coordinate arrangements for lodging and transportation as required for each season's ski trips.
- 3.1.2 **Scheduling of Skiing Outings** - Skiing outings shall be scheduled and published in the Chapter Schedule Activities, the Southern Sierran, or the *Orange Peel*, in the same manner as other outings, according to notices submitted by leaders. Each notice shall, insofar as possible, indicate the difficulty and skills required for the proposed tour. The names of all leaders and assistant leaders and reservationists shall be published. All such notices of proposed skiing outings shall be approved before publication as provided in the Safety Policy below.
- 3.1.3 **Handling of Finances** - OCSS financial policies shall be observed in the handling of finances for skiing outings. For example: Trip pricing shall allow for contingencies and OCSS indirect expense allocation as provided by current OCSS financial policies. All participants shall be asked to make their checks payable to OCSS. Leaders shall not deposit Sierra Club funds in their personal or business accounts. Suppliers of transportation, lodging, instruction, and other goods and services shall be asked to invoice OCSS and shall be paid by check through the OCSS Treasurer's office. All OCSS cancellation policies shall apply.
- 3.2 **Safety Policy for Skiing** - Special safety requirements shall apply to skiing outings, particularly for cross-country ski touring, but also for downhill skiing, as follows:
- 3.2.1 **Safety Administration** - The safety policy for skiing shall be administered by the Ski Safety Subcommittee of the OCSS Safety Committee. The subcommittee shall consist of at least three qualified cross-country skiing leaders nominated by the OCSS Safety Chairperson and appointed by the OCSS Management Committee. Preferably, at least one

member should be qualified as an overnight cross-country leader, and at least one member should have downhill skiing experience. The subcommittee shall review and establish skiing safety procedures consistent with this policy, shall nominate prospective cross-country skiing leaders for qualification by the OCSS Management Committee, and shall investigate skiing incidents, such as participant complaints, and accidents.

3.2.2 **Approval of Proposed Skiing Outings** - All proposed skiing outings shall be approved prior to publication by a designated representative of the Ski Safety Subcommittee. Such a representative may be a member of the newsletter staff. Disapproval shall be based solely on considerations of technical feasibility or safety, such as insufficient knowledge, skill, and experience on the part of the leaders. Other questions (such as financial feasibility or schedule conflicts) shall be referred to the OCSS Outings Chairperson.

3.2.3 **Classification of Outings by Skill Requirements** - Skiing outings shall be classified as follows:

3.2.3.1 **Downhill or Cross-Country Skiing in Patrolled Areas** - Such outings shall be rated C (Conducted). Skiers in such areas shall comply with the safety rules of the area and the directives of the ski patrol. Failure to do so may be an offense under local ordinances. In the event of an accident in which someone is injured, those involved shall wait until help arrives before leaving the scene (California Penal Code).

3.2.3.2 **Cross-Country Skiing with a Professional Guide** - Outings in which the leaders are professional guides, forest or park rangers shall be rated C (Conducted).

3.2.3.3 **Cross-Country Skiing** - Cross-country ski tours with OCSS leaders shall be rated as follows:

- a. **On-Trail Ski Tours** - Cross-country day touring on ski trails plainly marked with standard ski trail markers placed above the snow shall be rated O (ordinary).
- b. **Off-Trail Ski Tours** - Cross-country day touring in trailless terrain shall be rated I (intermediate).
- c. **Overnight Ski Tours** - Overnight backpack ski tours involving the use of remote huts or camping on snow shall be rated I (intermediate).

Climbing on Ski Tours - If the ski tour also involves peak climbing requiring the use of snow or rock climbing techniques and equipment, the tour shall be rated M or E as appropriate for the difficulty of the climb.

3.2.4 **Ski Tour Leadership Requirements** - Each ski tour shall be led by a leader and one or more assistant leaders listed in the published notice, or by qualified substitutes. The leader and the principal assistant shall both be qualified to lead the tour. Ski tour leaders need not be OCSS members, but shall have OCSS-approved skiing qualifications in addition to the general qualifications required by the Angeles Chapter.

- 3.2.4.1 **Qualification of Ski Tour Leaders** - Ski tour leaders shall possess Angeles Chapter leadership ratings, have skiing ability beyond the minimum required of participants, and shall have experience in winter travel. Special requirements shall be as follows:
- a. **Day Tours on Trails** - For day tours on marked trails the leader and principal assistant shall each be at least O-rated, and shall be at least intermediate skiers.
 - b. **Off-Trail Touring** - For off-trail tours, the leader and principal assistant shall each be at least I-rated, and shall be at least intermediate skiers.
 - c. **Overnight Backpack Tours** - For snow camping trips, the leader and principal assistant shall be advanced skiers, and shall also have winter survival skills and experience equivalent to the requirements of the Sierra Club Ski Mountaineering Test (see Appendix C).
 - d. **Climbing on Ski Tours** - For ski tours involving M-or E-level climbing, the leaders shall have skiing qualifications as noted above, but shall also be M or E-rated as appropriate for the difficulty of the climb.
- Exceptions to these requirements may be made for single outings with the concurrence of the OCSS Safety Chairperson and the Angeles Chapter Safety Chairperson. Leaders appointed prior to October 12, 1981 shall be exempt from skiing ability requirements, but shall be encouraged to improve their skills.
- 3.2.4.2 **Appointment of Ski Tour Leaders** - Candidate ski tour leaders shall be nominated by majority vote of the Ski Safety Subcommittee and confirmed by majority vote of the OCSS Management Committee. Each candidate leader shall lead two experience tours with a fully-qualified assistant after acquiring the skills and experience outlined above. One of the two tours led by candidates for ski backpack leadership shall be an overnight backpack tour with a snow camp.
- 3.2.4.3 **Leader Records** - The Ski Safety Subcommittee shall maintain a list of ski leaders qualified for each kind of touring. A current list of qualified skiing leaders shall be provided to the Angeles Chapter Safety Chairperson whenever the list is modified.
- 3.2.5 **Participant Requirements** - Participants shall not be allowed on an overnight or strenuous tour unless their skills have been verified on a checkout tour or are otherwise known to the leader.

3.2.5.1 **Classification of Participants** - Participant skills shall be defined as follows (see Appendices A and B for ski tests):

a. **Touring Skills** - The following proficiency levels shall be recognized:

Beginner - has no cross-country skills

Novice - has taken basic lessons

Intermediate - has passed the Sierra Club Qualifying (Fourth Class) Test and is able to ski cross country in gentle terrain on tours exceeding five miles.

Advanced - has passed the Sierra Club Advanced (Third Class) Test and is a good skier able to traverse rough hilly terrain on tours exceeding ten miles.

b. **Navigation First Aid, and Snow Camping** - Participants on difficult day tours or overnight tours should possess these skills to the extent expected of a graduate of the Angeles Chapter Basic Mountaineering course (BMTC), or equivalent winter mountaineering or ski touring course. Participants on multi-day tours in difficult terrain should possess the skiing ability, knowledge of snowcraft and avalanches, and other skills required to pass the Sierra Club Ski Mountaineering Test.

3.2.5.2 **Qualification of Tour Participants** - The cross-country ski tour leader shall screen the qualifications of all participants. A trip reservationist shall not confirm reservations for a cross-country skier without the tour leader's approval, unless the leader plans to lead a mixed group and has given guidelines to the reservationist.

3.2.5.3 **Judging Ski Skills** - Qualified leaders may act as ski test judges. Day tour leaders may act as Qualification (Fourth Class) Test judges, and overnight leaders may act as Advanced (Third Class) Test judges. The judgement shall be reported to the Ski Safety Subcommittee, who shall provide the skier with evidence of having passed the test, and maintain lists of qualified skiers for use by leaders.

These tests may be passed in the course of a tour, but all elements of the test shall be demonstrated if there is any uncertainty about the skier's ability. An obviously skillful candidate need not complete the entire test if the judges are satisfied that his or her skills are well above the minimum level.

3.2.6 **Equipment** - Special equipment requirements shall be specified by the tour leader in the published trip writeup or a trip sheet sent to participants. The following are recommended:

- a. Ten essentials, with some items shared as noted below. Extra clothes should include wind protection.
- b. Skis and boots appropriate to the terrain: track skis for tracks, touring skis for off trail, mountaineering skis for steep slopes.
- c. Release bindings for off-trail touring and steep slopes.
- d. Ski retention straps or other devices for steeper slopes (always for downhill ski areas).
- e. Carrying of climbing skins for tours involving substantial climbing, especially on the return trip and by those with waxless skis or limited waxing experience.
- f. Sharing of redundant equipment such as stoves, tents, first-aid kits, compasses.
- g. Emergency shelter. Leaders should consider how to protect an injured person, especially on a lengthy day tour.

3.2.7 **Special Requirements for Ski Tour Conduct** - General requirements for the scheduling and conduct of outings shall be in accordance with the OCSS Outings, Safety, and Training Policy. Additional special requirements for ski tours shall be as follows:

- a. The size of each skiing group shall be consistent with Sierra Club and government group size limitations. Each group skiing separately shall be led by at least two qualified ski tour leaders, unless the groups are split in the field.
- b. To avoid delays, each tour should begin with a brief equipment check. The leader may turn back any participant with inadequate equipment. Participants may arrange to share equipment at this time.
- c. On ski tours, participants are expected to turn back when the leaders do.
- d. Skiers who return ahead of the main group shall follow the incoming route unless prior arrangements have been made.
- e. The group leaders shall not permit any skier to become separated from the group so far that he or she must ski alone.
- f. Routes should be chosen to avoid avalanche or crevasse hazard. In the the event that a potentially hazardous avalanche slope must be crossed, participants shall ski separately across the hazardous area using avalanche cords, or avalanche locators. The skier crossing shall be observed by the other members of the party.

- 3.2.8 **Accidents, Injuries, and Emergencies** - Handling of emergencies shall follow Sierra Club procedures outlined in the OCSS Outings, Safety and Training Policy, with the following additional provisions:
- 3.2.8.1 **Protection of Injured Skiers** - Participants injured on ski tours shall be sheltered from the wind and insulated from the snow or other cold surfaces using available extra clothing or equipment to prevent hypothermia until able to proceed or help arrives.
- 3.2.8.2 **Accident Reporting and Investigation** - In the event of a skiing accident, including a downhill skiing accident on a conducted outing, the Ski Safety Subcommittee shall evaluate the accident reports submitted by the leader and if appropriate shall carry out additional investigations and submit additional reports to the OCSS Management Committee and the Angeles Chapter Safety Committee.
- 3.3 **Training** - Skiing training shall cover both skiing and leadership skills. The Outings Subcommittee shall establish a schedule of training events and activities proposed by its members, with the concurrence of the Safety Subcommittee. The content of the training shall be as follows:
- 3.3.1 **Participant Training** - Because professional instruction is excellent, inexpensive, and widely available, OCSS recommends that beginners obtain professional instruction. OCSS shall regularly schedule training sessions, including dry-land equipment and clothing sessions, for each level of skier, as well as training for snow-camping and winter survival.
- 3.3.2 **Leadership Training** - Leadership training shall consist of the training normally given in the Angeles Chapter Leadership Training Program. Before being accepted as skiing leaders, candidates shall lead or assist on at least two skiing outings. From time to time the Ski Safety Subcommittee shall conduct seminars bringing out the special aspects of leadership of skiing outings.
- 4.0 **Enforcement** - This policy shall be enforced by the OCSS Management Committee upon the recommendations of the OCSS Safety Chairperson and the Ski Safety Subcommittee.
- a. Leaders who do not comply with OCSS and Sierra Club outings and financial policies may be disqualified from leading.
 - b. Leaders and participants may be disqualified from further participation for unsafe actions.

APPENDIX A

SIERRA CLUB QUALIFYING (FOURTH CLASS) SKI TEST

Designed by Dr. Walter Mosauer, 1932

Current revision adopted by Sierra Club Mountaineering Committee, 1983

Purpose: To determine the candidate's competence to engage in easy cross-country ski trips. Good form is desirable but will not be insisted upon.

Demonstrations required:

1. Good form and effective propulsion on the flat with proper use of the poles.
2. Kick turns to the right and left on the level.
3. Side-step up a steep slope.
4. Herringbone 50 feet up a 20-degree slope.
5. Traverse up a slope of 100 feet, using a kick turn between traverses.
6. Snowplow 50 feet on a 15-degree slope to a standstill at a designated point from a direct descent.
7. Four connected snowplow turns on hard snow.
8. Straight running in a downhill position for not less than 100 yards on a 10-degree slope, either direct descent or diagonal, under complete control (time not to exceed 20 seconds for the course).
9. Side-slipping for 20 feet to the right and left over a hard-packed surface, on a 15- to 20- degree slope. Controlled side-slipping to be either down the fall line or diagonal on both sides.
10. Four linked stem or telemark turns on a 10- to 15- degree slope, each through at least 120 degrees, executed slowly under complete control, and separated by long traverses with skis parallel, upper ski leading.
11. Ascent and descent of approximately 500 feet of vertical elevation, with a pack as described below, to test reasonable climbing and downhill running ability. Proper right and left kick-turns must be demonstrated during the climb. Climbing aids are permitted, Proper use of the ski poles expected during the test. Time limits, depending on snow conditions, will be fixed by the judges.

Alternative: A cross-country tour of three to four miles in length, during which the candidate must demonstrate to the accompanying judge his ability to cope with ordinary obstacles, to use poles properly, to climb, to do kick-turns, and to run downhill for considerable distance. The number of falls must not be so great as to tire the candidate nor to slow up the tour. Climbing aids are permitted. The candidate must carry a pack of at least 10 pounds containing the requirements for an easy day's tour.

APPENDIX B

SIERRA CLUB ADVANCED (THIRD CLASS) SKI TEST

Originally adopted by the Sierra Club Winter Sports Committee, 1932
Current revision adopted by Sierra Club Mountaineering Committee, 1983

Purpose: To stimulate and measure the ordinary touring ability every skier should be ambitious to attain in order to enjoy all-day tours over mountain terrain. Fluency, assurance, steadiness are required rather than speed.

Demonstrations required:

1. Four linked stem or telemark turns in moderately soft snow on a slope of at least 15 degrees, executed slowly under complete control and separated by traverses with skis parallel, upper ski leading.
2. Four linked parallel or telemark turns on hard snow on a slope of not less than 15 degrees.
3. A right and left turn to a standstill from a direct descent, the turns started at a speed of at least 10 miles per hour. Stem, parallel, or telemark turns may be used; inside ski must not be lifted.
4. A right and left jump turn to a standstill from a downhill traverse through a minimum angle of 90 degrees, preferably on soft snow. One or two poles must be used. This turn should be done on a slope of approximately 15 degrees at a speed approaching three miles per hour.
5. From a direct descent on a slope of not less than 15 to 20 degrees, side-slip to the right and left far enough in each direction to demonstrate control of side-slip and speed by edging and weight shifting, linking each side-slipping with turns.
6. Kick-turns to the right and left, both uphill and downhill, on a slope of at least 30 degrees.
7. Step-turn to right and left at a speed of approximately 15 miles per hour.
8. The descent of a slalom course without a fall. The course requires the candidate to mix various turns and parallel running in a continuous descent of about 150 vertical feet. Ten or twelve turns are required with wide gates to allow smooth running. The time allowed shall not be more than 30 percent greater than that required for a steady (non-racing) run by a good slalom runner.

Alternative: If no course is set: follow the track of a good skier down a similar course without skiing substantially out of the track.

9. Ascent and descent of approximately 1000 vertical feet. The candidate is required to carry a pack of at least 10 pounds, contents of which must satisfy the judges as being adequate for all-day touring. Climbing devices or appropriate waxing may be used. Time limits, depending on snow conditions, will be fixed by the judges. The course must include a variety of conditions, will be fixed by the judges. The course must include a variety of terrain, including open woods, such as is encountered in ordinary touring.

Alternative: This test may be passed in the course of a ski tour involving the ascent of at least 1000 vertical feet with an average slope of 20 degrees or more. A skier who exhibits competent climbing technique and skis down using primarily advanced linked turns (not snowplowing unless appropriate) with the required fluency, assurance, and steadiness shall be deemed to have passed the test.