

Student Resource: Cross Country Skiing and Snowshoeing - Exit Card

What should you have in your backpack for a cross country skiing or snowshoeing activity?

What should you do before taking part in a cross country skiing or snowshoeing activity?

Why is it important to watch for signs of frostbite on other members of the group?

What parts of the body are most likely to experience (superficial or deep) frostbite?

What are the warning signs of hypothermia?

What are the signs of advanced hypothermia?

Teacher Comments: