

Cross Country Skiing and Snowshoeing

Lesson Overview

During this lesson, students will learn what to wear, bring, and do to manage risks when cross country skiing or snowshoeing.

Overall and Specific Expectations

- PPL 10: 1, 1.5; A3, A3.1
- PPL 20: 1, 1.5; A3, A3.1
- PPL 30: 1, 1.5; A3, A3.1
- PPL 40: 1, 1.5; A3, A3.1

Learning Goals

- I can behave responsibly and apply appropriate safety rules and procedures that maximize my safety and that of others during outdoor activities.
- I can think critically to analyze situations, evaluate my choices and make safe decisions in a variety of situations.

Materials

- [Student Resource: Cross Country Skiing and Snowshoeing - Exit Card](#)
- [Student Resource: Risks and Precautions Worksheet](#)

Ontario Physical Activity Safety Standards in Education

Activities

- Skiing (Cross Country)
- Snowshoeing

Tools and Resources

- Concussions
- Disability-Centred Safety
- First Aid Plan and First Aid Emergency Response
- Outside Activity Providers

Other

Risk Management

Assessment for Learning

At the beginning of the lesson, work with students to co-create criteria for assessing knowledge and skills needed to apply safety rules and procedures during outdoor education activities. Consult the *Student Resource: Risks and Precautions Worksheet* and *Student Resource: Cross Country Skiing and Snowshoeing - Exit Card* for sample criteria.

Students will complete the *Student Resource: Risks and Precautions Worksheet* as part of the Action. After the activity, review the co-created criteria with students, and then have them complete their *Student Resource: Cross Country Skiing and Snowshoeing - Exit Card*.

Collect and review the *Student Resource: Risks and Precautions Worksheet* and *Student Resource: Cross Country Skiing and Snowshoeing - Exit Card*. Use the co-created criteria to evaluate student learning and offer feedback. If needed, provide feedback to individual students or the entire group, to clarify or reinforce their understanding of safety rules and procedures in cross country skiing and snowshoeing, and answer any remaining questions.

Minds On

Give each student a copy of the *Student Resource: Risks and Precautions Worksheet*. Have students work in small groups to brainstorm one possible risk they may encounter during a two-hour ski or snowshoe trip. Consult the Notes to Teachers section for examples of risks and precautions.

If students are struggling, give a hint, such as, “Note these are activities that occur in cold conditions.”

Action

Using their *Student Resource: Risks and Precautions Worksheet*, have students work through a Think-Pair-Share. First, have them think about possible risks associated with skiing and snowshoeing and start filling out their *Student Resource: Risks and Precautions Worksheet*. (Consult the chart in Notes to Teacher for examples.) Next, have students work in pairs to compare what they wrote, add to their *Student Resource: Risks and Precautions Worksheets*, and identify any questions they may have. Then have students work in small groups or as a whole class and share what they wrote on their *Student Resource: Risks and Precautions Worksheet* and discussed in pairs.

If the topics have not yet come up, ask, “What are hypothermia and frostbite? What do you know about them?” Allow 5 to 10 minutes for students to complete this part of the *Student Resource: Risks and Precautions Worksheet*.

Consolidation

Review any questions that came up during the Think-Pair-Share. Then have students complete the *Student Resource: Cross Country Skiing and Snowshoeing - Exit Card*.

Notes to Teachers

Remember to check school board policies and procedures applicable to any outdoor education activity.

Examples of risks and precautions:

Risk: Getting lost *What to wear, bring, and do:* Trail maps, telephone/GPS, compass

Risk: Sunburn *What to wear, bring, and do:* Sunscreen

Risk: Hypothermia *What to wear, bring, and do:* Layer clothing to have the option to add or remove layers

Risk: Superficial/deep frostbite *What to wear, bring, and do:* Cover exposed skin

Risk: Situation requiring first aid *What to wear, bring, and do:* Small first-aid kit

Risk: Dehydration *What to wear, bring, and do:* Water bottle

Risk: Hunger *What to wear, bring, and do:* Snacks (for example, dried fruit and nuts)

Risk: Bad weather, winter storm *What to wear, bring, and do:* Check the weather before leaving

Risk: Strained/sprained muscles *What to wear, bring, and do:* Stretch before going

Risk: Going over ice *What to wear, bring, and do:* Avoid going on the ice. Use known trails with guides who know how to traverse ice safely