

Welcome to your Horizons Nordic Ski lesson at Sugarloaf!



These are some things that you may want to pack for your lesson:

- **Warm, waterproof jacket**
- **Waterproof pants**
- **Warm layers of clothing (try to avoid cotton)**
- **Thick mittens or gloves**
- **Winter socks**
- **Hat**
- **Helmet**
- **Neck-warmer**
- **Water bottle and snacks**
- **Backpack**



Before your lesson, we will meet as a group at the Adaptive Outdoor Education Center.



Here at the Adaptive Center, you will meet your Nordic Ski instructor.



You may also meet other skiers who will be participating in the lesson with you...

...and you will meet your “Ski Buddies!” Ski Buddies will be there to support you throughout your lesson.

To keep ourselves and others safe this season, our goal is to be outside as much as possible. However, there may be times we need to go inside the Adaptive Center.



When inside, we ask that everyone wears a mask. If you need a mask, we can provide you with one.

If you do not have your own equipment, we will gather skis, poles, and boots next.



To find equipment that fits you best, someone may ask you...

“What is your shoe size?”

“How tall are you?”

“How much do you weigh?”



Once everyone in the group has their equipment, we will drive to the Narrow Gauge Trail!



This is also a short drive and will take less than 5-minutes to get there.

The Narrow Gauge Trail is a beautiful, snowy trail where we will hold our Nordic Ski lesson.



The trail is flat and is groomed for Nordic skiers like you!

At the Narrow Gauge Trail, you may see:

- Other Nordic Skiers
- Bikers
- People Walking/Running
- Dogs



To share the space with all trail users, our group will keep to the **RIGHT-SIDE** of the trail and stick together.

**To start the lesson, we will carry our equipment to the
Narrow Gauge Bridge.**



**Here, your instructor and Ski Buddies will help you to
put on your skis.**

Having Nordic Skis on your feet can feel a little funny at first.



We may begin with just one foot in the skis to get used to the new feeling.

During your lesson, we will practice:

- Putting on and taking off your skis
- “Kicking” and “Gliding” motions
- Planting your poles
- Getting up and down with your skis on



Your instructor and Ski Buddies will be there to help you!

There are two types of Nordic Skiing...

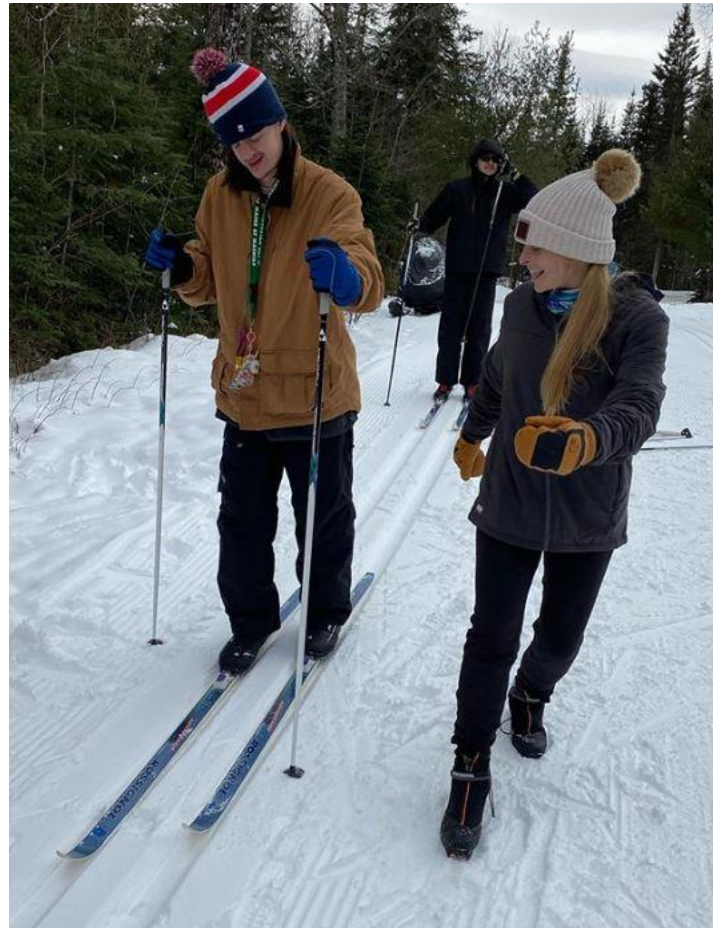
You may try “Stand-Up Skiing.”



Or you may try “Sit-Skiing.”



If you are Stand-Up Skiing, you will use your arms and legs to glide forward.



If you are Sit-Skiing, you will use your arms to push forward.



Your lesson will last about 2 hours. When it is over, we will return to the Adaptive Center as a group and say “Good-Bye!”



We hope to see you next time!