

# Welcome





Fathers Day  
Joey and Cub Scout  
Snow Play Weekend  
2023



# Introduction

Chris Ward

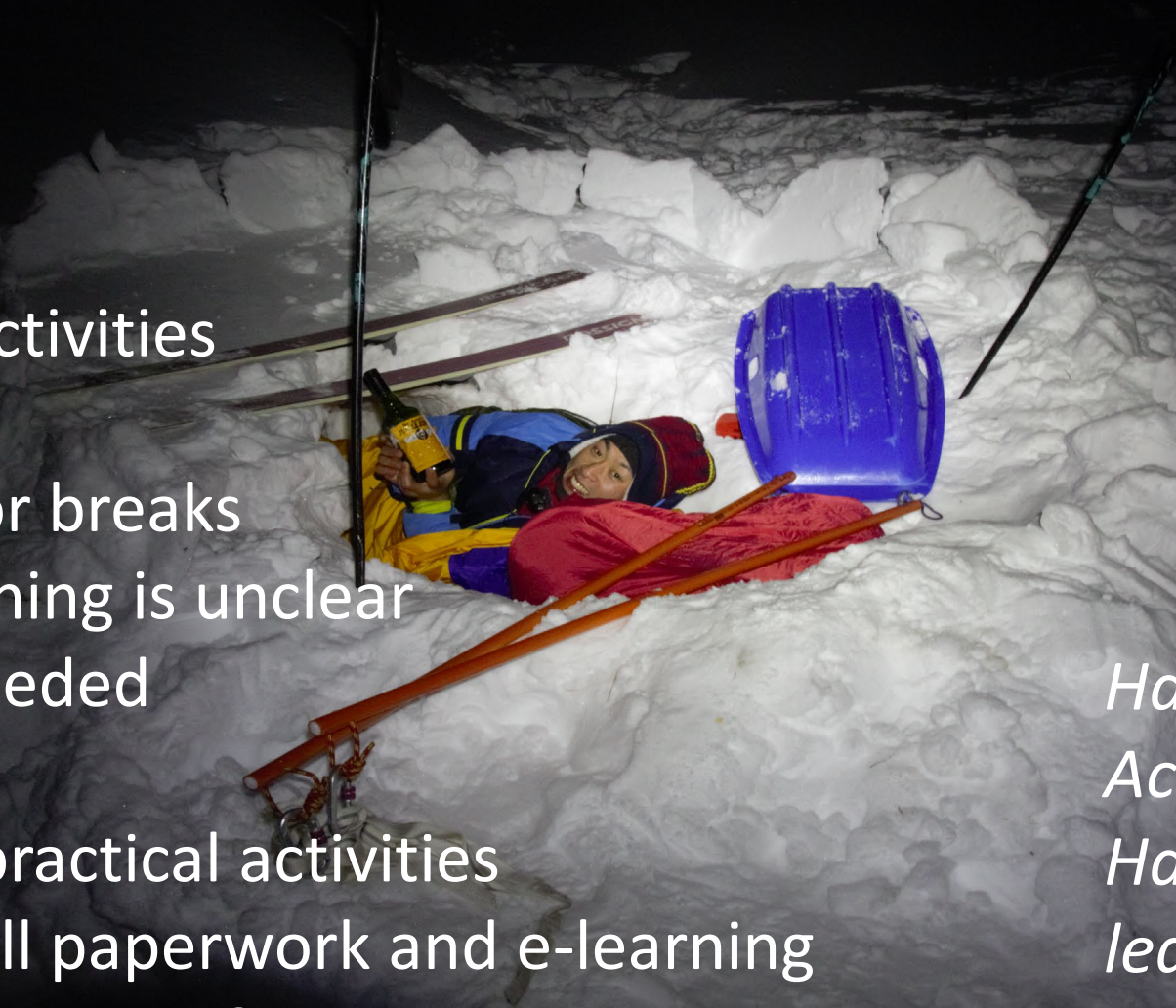




# As participants you will be expected to.

Come prepared for activities  
Actively participate  
Leave social media for breaks  
Ask questions if anything is unclear  
Ask for help when needed  
Help others if we can  
Be safe when doing practical activities  
Diligently complete all paperwork and e-learning  
*-What are your expectations?*

*Have fun  
Accept the weather  
Have a willingness to  
learn  
Respect others*



Day Tour and  
Patrolled areas

Safe Participant

Trained Participant

XC Skiing and  
Snowshoeing

For some

Snowcraft

# Qualifications



**Cross Country Skiing day tour and patrolled areas**

Safe Participant

Ski on easy cross country terrain SISO SKT 001



Trained Participant TP

Participate in Work Health and Safety HLT WHS 001

Maintain sport, fitness & recreation industry knowledge SISX IND 002

Assist in conducting recreation sessions SISO FLD 001

Minimise environmental Impact SISO FLD 002

Select, Set up & operate a temporary or overnight Campsite SISI FLD 003

Navigate in tracked environments SISO FLD 006

On demand learning in scouting skills, evidence still needed

*Guide qualifications* are required  
for areas outside of resorts and  
patrolled areas







# Travel Arrangements

Craig Scott

All participants to car pool.

Craig will assist with car pooling but essentially it is the participants responsibility



# Rhythm Sports Cooma



Ashleigh's Party Line  
Party store

Monaro Veterinary Clinic

Snow Gum Yoga  
and Meditation

Apex Elite Pty

Kinross Inn  
4.3 (97)  
4-star hotel

Rhythm Snowsports  
Sporting goods store

ALDI

Cooma Motor Lodge  
Booking.com - Hotels

Sydney

Rhythm Snow Sports





# Questions ?





# The NSW Scouts Alpine Centre

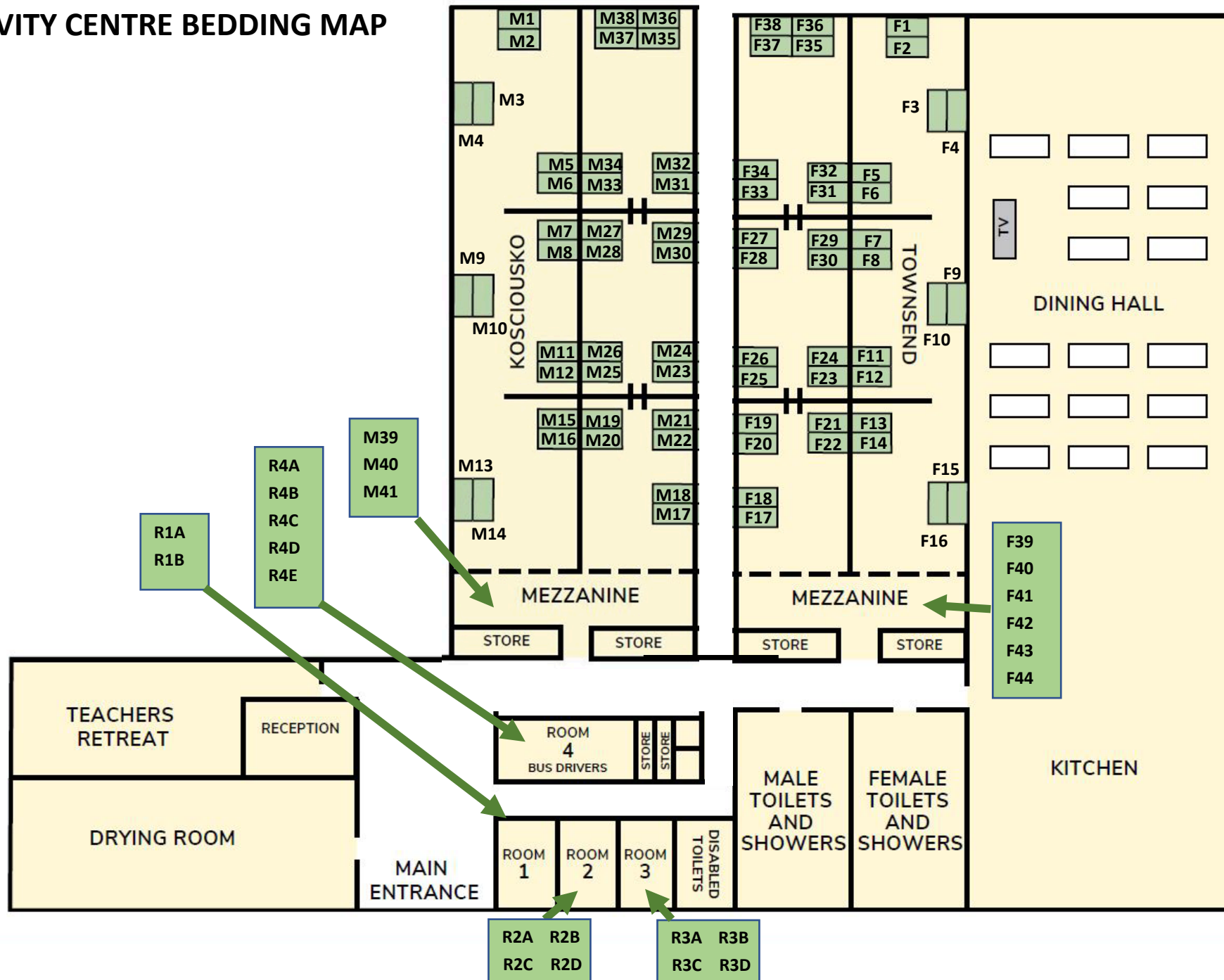
Charlotte Summerfield



# Alpine Activity Centre map



# ALPINE ACTIVITY CENTRE BEDDING MAP







Joeys are not allowed  
on the top bunk!







- No mess kit is needed for the activity centre
- Bring a mug and a thermos for up on the hill, and a lunchbox to pack lunch in!
- Bedding –
  - Bring a sheet for the bed (waterproof mattress protector if that is needed).
  - Sleeping bag/doona
  - Pillow
  - Towel
- Car Park Safety
- Friday - Supper
- Saturday - Breakfast, Lunch, Dinner and snacks
- Sunday – Breakfast, Lunch and snacks

# Driving up to the play area from Jindy

- All 2WD cars need chains – these can be rented at Rhythm in Cooma
- All Vehicles will need a National Parks pass.



# Clothing

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# Clothing for a days Play

**Moisture wicking Tee Shirt**

**Quick drying pants**

**Long Sleeve Shirt,**

**Extra Warm jacket**

**Beanie or head covering**

**Gloves and Spare gloves**

***Big rubber dishwashing gloves***

**Waterproof jacket and Pants**

**Sunglasses and possibly Goggles**

**No Cotton items**

**Clothing should match the layering principle.**



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# LAYERING FOR WINTER TREKS

## BASE LAYER

### Warmth/ Moisture Control

*Regulates body warmth and moves perspiration away from body*



Also known as “long underwear/ johns” and usually made of synthetic material. Available in lightweight, middleweight and heavyweight, depending on the season. We recommend one lightweight and one heavyweight top and lower options for the Dayara trek. This will allow you more choice, depending on the prevalent conditions.



## MIDDLE LAYERS

### Insulation

*The Mid layers retain heat, trapping it close to the body*



Fleece (synthetic wool) top and bottoms above the base layer. A puffy jacket (down or synthetic down) for insulations. Both of these are compressible and light and will easily fit into your backpack.



## OUTER LAYER

### Weather Protection

*Protects from harsh weather conditions such as Snow, Rain, Sleet, Hail*



Commonly known as wind shell jackets, these can be worn above your mid layers and insulate your body as well as breathe well during hiking. On top of this we suggest a waterproof shell, which will actually keep you dry when it snows (snow quickly melts when coming into contact with the body).



# The Ten essentials

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# What would you carry in your pack for a day ski

1. Ski Gear - Day Pack, Poles, Skis, Boots
2. Emergency - First Aid, Repair kit, Multi Tool Duct Tape, Whistle, PLB, Emergency Shelter, Snow Shovel, Fire lighter.
3. Navigation - Trail Map, Compass, GPS, Nav App on phone.
4. Food Water - Water bottle, Lunch, Snacks
5. Extras - Headlamp, Camera, Toilet Paper
6. Personal Items - Money, ID, Mobile Phone
7. Health Hygiene - Medicine if needed, Sunscreen, Lip Balm
8. Clothing - Moisture wicking Tee Shirt, Quick drying pants, Long Sleeve Shirt, Extra Warm jacket, Beanie or head covering, Spare gloves, Waterproof jacket and Pants. No Cotton items. Clothing should match the layering principle.

## Cross-Country Skiing Checklist

Prepping for a day of cross-country skiing in a developed trail system is a little like packing for a day hike. You don't need a ton of gear, but you do need to prepare for contingencies. To determine your needs, think about the details of your day. If your destination requires a very long ski or the forecast is stormy, then you'll need more clothing, gear and food.



### Skiing Gear

- Skis with bindings
- Ski boots
- Ski poles
- Daypack, waist pack or ski pack



### Tools

- Knife or multi-tool\*
- Headlamp\*
- Repair supplies\* (*a few strips of duct tape can come in handy*)
- Glide wax (*optional*)



### Navigation

- Compass (*a good idea*)
- Topo map (*a good idea*)
- GPS (*optional*)



### Health & Hygiene

- Hand sanitizer
- Menstrual products (*if needed*)
- Sanitation trowel
- Toilet paper/wipes and sealable bag (*to pack it out*)
- Prescription meds (*if needed*)
- \_\_\_\_\_



### Sun Protection

- Sunglasses\* (*+ retainer leash*)
- Sunscreen\*
- SPF-rated lip balm\*
- Sun hat\*



### Clothing

- Moisture-wicking base layer top and bottom
- Cross-country ski jacket or fleece or soft-shell jacket
- Cross-country ski pants or fleece pants or soft-shell pants
- Socks (*synthetic or wool*)
- Gloves or mittens
- Warm hat
- Insulated jacket or vest
- Gaiters
- Rain jacket and rain pants
- Neck gaiter
- Insulated mittens
- Hand and foot warmers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### Food & Water

- Water bottle(s) or reservoir\*
- Trail snacks
- Lunch (*for daylong trips*)
- Extra food\*
- Insulated container for warm soup or beverage (*optional*)



### Emergency

- First-aid kit or first-aid supplies\*
- Whistle
- Lighter/matches\* (*in waterproof container*)
- Fire starter\* (*for emergency survival fire*)
- Emergency shelter\*
- Two itineraries: 1 left with friend + 1 under car seat
- Satellite messenger or personal locator beacon (*optional*)



### Extras

- Credit card and/or cash
- ID
- Trail pass
- Cellphone (+ portable charger)
- Watch



# The Alpine Responsibility Code

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**Questions ?  
and thanks**

# Nordic Specific Responsibility Code

- Always ski in control.
- Give way to skiers coming downhill
- Keep left and ski in the preferred direction.
- Give-way to other skiers when entering a trail or starting downhill.
- Do not obstruct or walk on ski trails.
- Ski only on groomed or marked trails that are within your ability.
- Do not ski alone in remote areas.

Australian Professional Snowsport Instructors Inc. (APSI)

