

PRAIRIE NORDIC SKI CLUB TRIP RATING GUIDELINES

These ratings are highly subjective and may be adversely affected by weather. Skiers should always be prepared for inclement weather by bringing adequate clothing, water, food, and other supplies. It is the skier's responsibility to ensure their equipment is appropriate for the trip and is in good working order.

At the trailhead, skier groupings are usually based on skier speed. However, for full-day trips, endurance is an important consideration, and for hilly trail systems, the ability to descend safely is very important, especially if the hills are technically challenging.

Cross Country Skiing				
Rate 1	Rate 2	Rate 3	Rate 4	Rate 5
A beginner skier who is able to ski up to 5K on flat terrain.	A novice skier who is able to ski 10K on flat and very lightly rolling terrain.	An intermediate skier who is able to ski 15K at a moderate pace and safely descend most hills.	An experienced skier who is able to ski 20K at a moderately fast pace and safely descend almost all hills.	A skilled and experienced skier who is able to ski 25K+ at a fast pace and safely descend all hills.

Hiking				
Rate 1	Rate 2	Rate 3	Rate 4	
A beginner hiker who is able to hike up to 3 km over relatively flat terrain with a light pack.	A novice hiker who is able to hike up to 10 km over relatively flat terrain with a light to medium pack	An intermediate hiker who is able to hike 10-15 km in a combination of flat and hilly terrain with a light to medium pack	An experienced hiker who is capable of hiking 15-30 km over two days, on and off trail, in a combination of flat and hilly terrain with a medium pack	The PNSC does not offer hikes rated above Rate 4

Canoeing: Life Jackets are mandatory on all trips				
Rate 1	Rate 2			
A beginner canoeist can paddle in the bow with an experienced paddler a distance of 5-15 km for up to 8 hours on calm water. Able to assist in carrying the canoe or equipment for distances of up to 200 meters over variable terrain.	A novice canoeist can paddle a distance up to 50 km over 2 days on rough open water with swells and moderate winds. Can perform flat water rescue and self rescue techniques and is aware of the dangers of hypothermia. Can J-stroke, draw, push away and low brace. Is able to portage a canoe over rough terrain up to 1 km.	The PNSC does not offer canoe trips rated above Rate 2		