

## CHARLESWOOD SKI CLUB TRIP RATING GUIDELINES

Note: Trip ratings may be adversely affected by weather. Participants should always be prepared for inclement weather by bringing adequate clothing, water, food and supplies. It is the participant's responsibility to assure that their equipment is appropriate to the trip and is in good working order.

<b>Cross Country Skiing</b>				
<p><b>Rate 1</b> A beginner skier who is able to ski up to 5 km over relatively flat terrain with a light pack</p>	<p><b>Rate 2</b> A novice skier who is able to ski 5-10 km over relatively flat terrain with a light pack</p>	<p><b>Rate 3</b> An intermediate skier who is able to ski 10-15 km in a combination of flat and hilly terrain with a light to medium pack</p>	<p><b>Rate 4</b> An experienced skier who is capable of skiing 15+ km in a combination of flat and hilly terrain with a medium pack who is capable of skiing at a fast pace</p>	<p><b>Rate 5</b> A skilled and experienced skier who can ski 20+ km in difficult and/or off-trail terrain with a heavy pack who is capable of skiing at a fast pace</p>
<b>Hiking</b>				
<p><b>Rate 1</b> A beginner hiker who is able to hike up to 3 km over relatively flat terrain with a light pack</p>	<p><b>Rate 2</b> A novice hiker who is able to hike up to 10 km over relatively flat terrain with a light to medium pack</p>	<p><b>Rate 3</b> 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</p>	<p><b>Rate 4</b> 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</p>	<p>The CSC does not offer hikes rated above Rate 4</p>

<b>Canoeing:</b> Life Jackets are mandatory on all trips				
<p><b>Rate 1</b> 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.</p>	<p><b>Rate 2</b> 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.</p>	<p>The CSC does not offer canoe trips rated above Rate 2</p>		