

## How to Dress for Cross Country Skiing

In order to ensure your students' safety and enjoyment while participating in a School Ski Program at Windsor Park Nordic Centre, make sure they are aware of the best clothing to wear for their lesson.

A great way to prepare is to have a classroom fashion show before ski day. Ask students to bring in articles of winter clothing, and break into groups to demonstrate what to wear, and what not to wear on ski day according to the following points.

**LAYERING** – Several pieces of clothing is better than one or two bulkier pieces. This will allow for free movement, and trap more heat next to the body. Layers can also be removed as activity level increases and added as needed. Note that snow pants and a winter jacket can be worn, but students who wear these will feel restricted in their movement and will often overheat.

### THE THREE LAYERS

- First Layer: “Sport” underwear or tights, made of polypro or merino wool to keep skin dry, not of cotton, which gets wet and cold.
- Second Layer(s): Insulating layer, such as polar fleece, synthetic or wool, NOT jeans or sweatpants. Add extra layers here in very cold weather.
- Third Layer: Windproof clothing that sheds snow not raingear which traps sweat inside.

### ACCESSORIES

#### Headwear

- Everyone needs to wear a toque. A thick toque is for cold days and a thin toque is for warm days.
- A balaclava or neck warmer should be worn to cover the face and prevent frostbite in cold and windy weather. Scarves are a nuisance as they get tangled and often just fall off.

#### Hands

- Mittens are so much warmer than gloves.
- Mittens with an outer layer that sheds snow will stay drier and warmer.

#### Socks

- Always start with a new pair of dry socks.
- Socks should be wool or polypro, not cotton.
- Don't over layer the socks so they are too thick, this actually does the opposite of what's expected and will make feet colder. You should have space to wiggle your toes inside your boot.

### AND JUST SKI!

- Stay active! Get warm by trying hard and having fun: ski, spin your arms in circles and hop up and down, and you'll be warm in no time.