

Snowshoeing: Review/Skill Sheet

Grading

Name _____

Class _____

Participation	/24
Skill development and application	/6
Use of strategy	/6
Knowledge	/6
Fitness	/12

Skill 1: Getting started

- Right and left shoe
- Bindings- are they tight

Skill 2: Walking

- Maintaining balance
- Stopping and starting
- Striding
- Turning – kick step
- Hill climbing

Skill 3: Fitness skills

- Running
- Use pedometers
- Use heart rate monitors

- ✓ Is able to use skills safely
- ✓ is able to use skills while being social
- ✓ is able to use skills for game play

Total skill development and application _____ /6

- ✓ Applies FITT principals
- ✓ Keeps heart rate in fitness zone
- ✓ Can have fun while exercising

Total fitness strategy _____ /6

Vocabulary:

Binding

The part of a snowshoe that attaches to footwear. Bindings should control and stabilize the boot, and center the heel, to enable a comfortable, efficient stride in all types of terrain and snow conditions. A key feature of snowshoe bindings is adjustability and fit, as bindings should mold to the boot without creating pressure points.

Breaking Trail

The task of a lead snowshoer who steps or stomps through the snow to make a solid path or track for the others to follow. Breaking trail can be tiring, and typically burns about 50% more calories than following in the tracks of the lead snowshoer, therefore switching off the leader enables a rest period.

Bushwhacking

Snowshoeing through an uncut trail and bushes. May need to do this if following compass bearing

Carrying surface

The surface area of a snowshoe; the larger the surface area, the more flotation and support for the snowshoer

Crampon (Cleat or Claw)

Traction device that may be attached to a snowshoe's pivot rod to prevent slippage in steep terrain or icy conditions. Crampons are typically located under the ball of the foot and at the heel; as the snowshoer is centered on the snowshoe, the snowshoer's body weight fully 'engages' the crampon enabling the crampons on the underside of the snowshoe to penetrate the snow's surface for security throughout the stride, whether ascent, descent or side slope traverse.

Decking

The solid piece of rubber-like material attached to the Snowshoe frame that provides flotation for the snowshoer. Modern snowshoes are 'decked' vs. traditional wood frame snowshoes that are 'laced'. On balance, a snowshoe that is 'decked' can be smaller in size yet provide comparable flotation to a larger laced snowshoe.

Glissade

A controlled slide, in either a standing or sitting position, used in descending a steep incline

Herringbone

A climbing method used for moderate slopes with toes pointing out and heels together; often used by snowshoers with traditional wood frame snowshoes with the absence of toe crampons. Today's modern snowshoes, with toe and heel crampons, enable uphill climbing with toes and heels aligned to the ascent

Kick Turn

A simple snowshoe maneuver to turn around and go backwards in a direction when conditions prevent a semi-circle. To perform a kick turn: plant your poles firmly at your sides for balance. Lift one foot, turn it 180 degrees, and place it down. Make sure your foot is planted firmly and then shift your weight down. Your feet are facing opposite directions. Pick up your second foot and swing it all the way around so it is parallel to your first foot – and start walking in the new direction.

Points

The sharp and sturdy spikes or teeth on a crampon or cleat used for traction, especially with climbing. Also called spikes. The depth and penetration of the crampon's points below the snowshoe frame is how traction is measured in a snowshoe. For steep ascents and descents, and variable snow conditions, longer, stronger teeth will maximize grip. In rolling terrain or packed trails, a lower profile 'tooth' optimizes efficiency and comfort at a walking pace.

Poles

Poles can be used to aid balance and enhance upper body strength and conditioning. Adding poles to snowshoeing increases metabolic rate and endurance.

Shuffle-step

Snowshoe running style in which you take weight off the snowshoe and shuffle it ahead. Used only on well-packed trails over moderately sloping terrain, this stride is best used for long-distance snowshoe runs or tramps

Side stepping

A climbing method used when slope is too steep for switch backing. The snowshoer side steps up the hill.

Stamping

A technique used to pack down the snow with snowshoes. Packing the snow down makes it easier for those who follow especially if heavy loads are being carried.

Striding

A walking technique that differs with type of snowshoe. The snowshoer must adopt a gait to avoid hitting snowshoes together

Switch backing

A technique used to climb steep terrain. Rather than climbing up the fall line, the snowshoer work up the slope in a zig-zag pattern. This is a common technique used for snowshoes without crampons.

Snowshoe Terminology (cont)

Toe Hole

The opening in the front of the decking that allows the forefoot to pivot through a complete range of motion.

Tips: Safety and Proper Dress

Weather – expect the unexpected as a rule of thumb. Weather conditions change quickly in the winter.

Hypothermia – When the body is no longer able to maintain a temperature of 98.6 degrees F. (the five causes of cold – conduction, convection, radiation, evaporation, respiration)

The ABCs of Layering (see www.winterfeelsgood.com)

Staying warm and dry is the key to winter outdoor activity. Layering is important. Ideally you should wear the following:

- ✓ Wicking Layer:
The layer next to the skin, usually thermal underwear. The purpose of this layer is to draw moisture away from the body.
- ✓ Insulating Layer
The middle layer includes sweaters, sweatshirts, vests and pullovers. The purpose of this layer is to keep heat in and cold out.
- ✓ Protection Layer
The exterior layer serves as the guard against the elements of winter. It should repel moisture from snow and rain, block the wind but let perspiration escape out.