



“We are committed to sharing the magic of skiing”

As a club we value ...

People - we are a people-centered club that provides opportunities for family, friends, and the community to gather and ski.

Quality Facilities - we maintain quality facilities and skiing opportunities for all skill levels.

Instruction - we encourage and provide instruction to all age groups and skill levels.

Accessibility - we strive to be an affordable, accessible, and safe recreation opportunity for all.

... and we LOVE to ski!

Omineca Ski Club is a volunteer operated, non-profit society.

The day lodge is normally locked but made available for club events and programs. The lodge is also rented out for community and private functions. This generates some revenue for the club, to assist with operating expenses.

The wax cabin (south end of parking area, red roof) is open all the time. Tables and forms are there for waxing your skis and the furnace is on daily during the ski season.

We have a 2.5km lit track. The lights come on at dusk and go off at 9:00PM during ski season.

The trailer you pass on the road in, is our caretaker, Ken. He keeps an eye on our facility.

Trail Etiquette

Ski in the indicated direction and observe all signs.

On two way trails, stay to the right when passing oncoming skiers - the same as driving a car.

No matter where you are, or what direction you are going, descending skiers have the right of way - they may not be able to stop!

Don't obstruct the track. Move aside quickly if you fall and leave the track clear if you are taking a break - especially on downhills.

Avoid skating on set tracks - try to stay on the flat area in the middle of the trail.

Pets are welcome on our designated dog trail. Please do not take them on any other groomed areas.

Do not litter. If you packed it in, pack it out!

Clothing

The Goal - to be warm and comfortable while physically active.

The Solution - **LAYERS!**

Inner Layer

- comfortable 'moisture wicking' long john's, such as poly pro, merino wool, etc.
- warm socks that allow comfortable fit in your boots.

Middle layer

- must be comfortable, allowing freedom of movement.
- must 'breathe'.
- pants should shed snow.
- wind resistant on front.

Outer layer

- same qualities as middle layer.
- pockets are handy.
- pit zips can be helpful.

Touques

- cold weather (less than -10), we need something that will pull down over the ears and forehead. Something loose fitting is usually warmest.
- milder weather, use something that stays in place and is able to roll up or pull down.
- at the very minimum carry some ear protection.

Gloves

- cold weather (less than -10), wear mitts. Loose fitting is warmest.
- milder weather use warm finger gloves.

Additional Items

- neck tube for very cold weather.
- some sort of sport glasses.
- fanny pack.

Equipment

Boots

classic boots - more flex in sole, less ankle support.

skate boots - stiffer in sole, more ankle support.

combi boots - a compromise in between classic and skate. Most lower to mid range boots tend to be combi.

In general - boots must be comfortable. Snug enough to provide support and control, loose enough to remain comfortable and warm.

Bindings

- appropriate design to match boot.

- may be suitable for classic or skate.

- easy to step in and out.

Poles

classic - tight under armpit.

skate - between top of shoulder up to chin height.

If you only have one pair choose classic height. Unless of course you never do anything other than skating.

Straps should be adjusted properly - strap exits pole at bottom of 'V' between thumb and forefinger.

pole condition

- basket tip sharp

- basket tight

- hand grip tight

- straight

Skis

Classic Skis

- for the average height/weight person, the ski tip reaching to your wrist/palm area with arm raised generally applies.

However, not all people are built the same, so it is more important that the camber of the ski be suited to the weight of the skier. Some ski shops have a gauge for this, others use the paper test.

Camber

- the shape and 'spring' in the ski that allow the 'wax pocket' to remain off the snow when skis are evenly weighted, yet allows the 'wax pocket' to flatten out when all weight is on the ball of one foot.

Paper Test

- is simply having the skier stand evenly balanced on the skis, on a known flat surface, and having a second person use a strip of regular copy paper to slide under the ski near the boot/binding area. Sliding paper back and forth along the length of the ski determines the length of the wax pocket. The skier must then place all weight on the ball of one foot, with the paper directly underneath. At this point the ski should grip the paper so it can't be moved.

The importance of camber applies to both wax-able and no-wax skis. The paper test is only appropriate for wax-able skis.

The importance of camber.

too soft - wax pocket drags, skis slow, grip wax wears quickly, lack of control.

too stiff - much slipping.

wax-able versus no-wax skis.

wax-able

- quieter
- better glide (can be used for skating)
- best in temperatures less than 0°C and consistent conditions.

no-wax

- best in temperatures greater than 0°C and variable conditions.
- quick and easy for very occasional skiers.
- harder work
- noisy
- still need to glide wax tips and tails.

Skate Skis

- length is generally 10 to 15cm shorter than classic skis.
- camber is slightly stiffer than classic.

If you only have one pair of skis and wish to use both techniques, choose a wax-able classic ski.

Ski Preparation and Waxing

check overall condition

- binding solid, operates smoothly
- no delaminating of ski
- check base for nicks or gouges

clean skis

- scrape wax pocket
- apply wax remover to grip area (or use heat gun and a rag)
- clean ski all over, top and bottom
- remove/repair any nicks

Caution - whenever using a heat gun or a waxing iron, keep them moving! Getting the ski base too hot by holding in one spot, may cause bubbling or delamination of the base.

determine wax pocket

- use paper test and mark ski with felt marker if ski is not already marked.

optional preparation of wax pocket

- tape the ends of the wax pocket (so you don't go into glide area) and sand lightly with 100 grit sandpaper. Lightly razor scrape to remove hairies.

Glide Waxing

- move tape to inside edges of wax pocket
- apply appropriate glide wax. Select by temperature and type (ie - recreational or racing wax)
- iron on. Keep iron moving so it doesn't burn the base. Don't let iron get too hot and create excessive smoking.
- allow ski to cool
- scrape with plastic scraper
- brush off

additional glide wax steps for racers

- after scraping, use brass brush to brush out ski
- use riller to add structure to base for warm/wet conditions.

Skate skis would follow the same process except glide wax would be applied tip to tail.

Grip Wax

- start with wax appropriate for current temperature. Vary from this according to individual preference. Carry one wax warmer and one wax colder so more can be added to adjust grip while out on the trail.
- crayon wax on in light even layer
- cork in smoothly using synthetic cork
- initially, a clean ski would need 3-4 layers. After that usually only 1-2 layers would be added to touch up for the conditions of the day.

Weather Changes

- when the weather is warmer than the previous ski, a warmer wax can be applied over the colder wax.
- when the weather is colder than the previous ski, the warmer wax must be scraped off before applying the colder wax.

It's easy to wax when the temperature is below 0°C, but increasingly difficult when warmer (a great time to practice skate technique).

Applying a warm wax (above 0°C)

- dab wax on evenly and cork until smooth
- possibly shorten wax pocket slightly at back to prevent wax from rubbing off into glide area

Applying Klister (used for icy conditions)

- warm tube and apply a small amount evenly
- gently warm ski and spread klister to an even thin layer using thumb or spreader
- no need to cork

Applying hard wax over klister

- follow process for applying klister
- allow ski to cool outside
- warm up the hard wax
- lightly swipe or crayon hard wax on top of klister
- very lightly smooth with cork