

## Cross Country (XC) Ski Leader Requirements:

All XC Ski Leaders must:

- be 18 years of age or older
- have an active AMC membership
- have taken SEM leadership training
- know basic first aid – Maintain CPR certification & must have completed & must maintain certification in SOLO Wilderness First Aid)
- have actively participated in and/or led winter hikes or snowshoeing activities
- be an intermediate-level xc skier able to snowplow and maneuver curves
- have co-led two xc ski trips with an approved leader
- understand how to screen and register participants regarding their ability, experience, fitness, medical problems and their equipment
- be able to enter trips/activities into the AMC online trip system
- comply with all AMC policy requirements regarding waiver forms, trip reports, etc.

## Cross Country (xc) Chair Requirements:

The XC Ski Chair must:

- meet all of the XC Ski Leader requirements
- participate in monthly board meetings either electronically or in person
- actively plan and lead day or overnight chapter xc ski trips
- may offer a xc ski workshop at the beginning of the season (optional, but recommended)
- prepare an Annual XC Ski Report to be posted on our website in time for our chapter's Annual Meeting in November

FOR FURTHER INFORMATION, CONTACT THE XC SKI CHAIR: [xcskichair@amcsem.org](mailto:xcskichair@amcsem.org)  
Revised: 9/21/2020 by Jeannine Audet