

Nordic Rocks Ski Rental Information

Adult-\$10 Youth-\$5

3 hour limit

About: Nordic Rocks incorporates programs and equipment developed to introduce a new generation of children and families to the excitement found in the sport of cross country skiing.

Equipment

Adult Skis: 160 cm

Youth Skis: 120 cm

Poles: Adjustable

How

1. Obtain a pair of adult/youth skis.
Binding buckles are on the outside of each foot.
Ensure you have a Right and Left ski.
2. Obtain poles.
Adjust by releasing/closing the buckle and extending/retracting.
Lock in the pole height to as close to the armpit as possible
Note: There is a limit line on the pole for extension. Exceeding this line may result in breaking the pole.
3. Fitting your skis
Set your Right and Left skis (binding buckles on outside of foot) on snow.
Step your boot into the step-in binding under the toe and mid-boot straps.
Place your boot under the toe strap 2". Tighten.
Place the heel strap a couple inches up on your boot heel. Tighten.
Tighten the mid boot strap.

Tips

- Do not remove the straps from the buckles! Straps stay in at all times.
 - Put your hand through the pole strap and then grip the pole
 - Practice getting up! Place your skis parallel to each other as you lay on your hip/side. Bend your knees and push yourself up. Use poles for stability.
 - Practice a little before hitting the trail. When ready, choose a short and easy trail to start your skiing adventure.
- Good Luck and Have Fun!*