



Nordic Rocks skis and poles have been developed by a dedicated, passionate group of staff and volunteers at **Central Cross Country Skiing (CXC)**, with the intent of introducing a new generation of youth to the exciting world of skiing and winter recreation simply and affordably.

SKIS

There are two lengths of the Nordic Rocks skis, 120cm, and 160cm.

- 120cm skis are designed for ages 6-10 (or who weigh less than 100 pounds)
- 160cm skis are designed for anyone over 10 years (or who weigh 100-150 pounds)

Be aware that there is a right and left ski. To determine which is which, make sure the buckles on the bindings are on the outside of the skis.

Skis are absolutely NOT allowed on the sledding hill.

BINDINGS

The adjustable bindings have been designed so that skiers can wear almost any outdoor winter shoe or boot. Slip your foot through the front two binding straps so that the toe and heel are centered over the ski, front to back. Loop the back strap behind the foot and around the middle of the heel. Tighten up the front strap first, then the back strap so that it keeps your foot pushed forward against the front strap. Last, tighten the center strap to ensure a snug, firm fit.

POLES

Adjust the height of your poles to fit under your armpits or a little shorter. Make sure the basket on the bottom of the poles faces backward. Place your hand through the pole strap from the bottom and grab the strap and pole grip from the top.

SKIS ARE FREE TO USE

Please use the signs out sheet so we can accurately track the success of this new program at WinMan Trails