



## Nordic Senior Program Extended Nordic Ski Tour Performance Evaluation

| <b>EXTENDED NORDIC SKI TOUR</b>   | <b>Cand. #1</b> | <b>Cand. #2</b> | <b>Cand. #3</b> | <b>Cand. #4</b> | <b>Cand. #5</b> |
|---|-----------------|-----------------|-----------------|-----------------|-----------------|
| Terrain: 25 km (15 miles) or 1000 feet elevation gain.<br>Difficulty: Four-hour tour; full patrol pack  | + = -           | + = -           | + = -           | + = -           | + = -           |
| <b>EVALUATION CRITERIA</b><br><br>1. Assessment of strength and stamina<br><br>2. Preparedness for injury or emergency<br><br>3. Techniques appropriate to terrain<br><br>4. Confidence<br><br><b>CRITICAL STANDARD:</b> Is the senior candidate prepared (physically, technically) to endure an emergency search and rescue? | Comments        | Comments        | Comments        | Comments        | Comments        |
| <b>OVERALL RATING FOR EXTENDED NORDIC SKI TOUR</b> (Note: These scores represent the majority opinion of the instructors. Do not assign an overall rating until a majority opinion has been determined.)  |                 |                 |                 |                 |                 |