



Track Attack award: Waxing

Purpose:

Waxing skis is a necessary part of cross country skiing and the application of kick wax (at least...) is something that every Track Attack skier should be able to understand and do.

Criteria for achieving the Waxing award:

To deserve the Waxing award, a skier must have demonstrated all the skills on the checklist below.

Evaluator Checklist for Waxing award:

Skier's Name: _____

| SKILLS | YES | NO |
|--|-----|----|
| Can clean the "kick zone" of the classic ski using a sharp, plastic scraper or putty knife, followed by safely wiping down the base with wax remover | | |
| Understands the difference between klister, hard wax and glide wax and that different waxes exist for different types of snow and temperatures | | |
| Can properly apply and cork in kick wax to the kick zone of the classic ski | | |
| Understands what determines the need to apply glide wax on a ski | | |