

# **Northfield Mountain Nordic Ski Patrol Annual Nordic Skills Refresher Program**

- 7:30 Registration, Event/Training Release Form
- 8:00 Welcoming Remarks, Introductions, Program Overview (Tom Deam)
- 8:15 American Red Cross CPR Recertification (Tom Deam)
- 10:00 National Nordic Skills Discussion (Bill Schweikert)  
Future Nordic Refresher Directions
- 10:30 Outdoor Compass Exercise (Bob Presutti)
- 11:15 Patrol Procedures (Bill Schweikert, Tom Deam, Bill Gabriel)  
Radio Use  
Emergency Action Plan  
Opening and Closing Checklist  
Self-Test: Patrolling Procedures  
Scenarios and Discussion
- 12:00 Lunch and concurrent Knots Activities (Bob Presutti)  
Knot Identification  
Knot Tying Stations
- 12:45 Aerial Intersection Identification Activity (Bill Schweikert)
- 1:00 Map Reading (Bill Schweikert)  
Review  
Map Symbol Relay
- 1:30 Group Map Reading Exercise (Bill Schweikert)
- 2:00 Outdoor Map & Compass Exercise and concurrent Firebuilding (Bob Presutti)
- 4:00 Wrap-up, Evaluation