



Enroll in ZSuite Under this Project Name: OR-CROSS COUNTRY SKIING

Approved for 2024-25 Project Year

Project Description: Layer up, clip on your skis (not provided) and kick, glide, and skate your way over the snow! This is a three-year project.

REQUIRED YOUTH CURRICULUM

[Cross-Country Skiing Adventures Manual](#) (#45120), 2004

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Cross-Country Skiing Adventures Manual](#) (#45120), 2004

SUPPLEMENTAL RESOURCES

Note: Participants MUST own equipment or have access to equipment rentals. Equipment will NOT be provided.

Field Guide to Wilderness Medicine by Paul Auerbach, Howard Donner and Eric Weiss

[Wilderness 911: A Step-by-Step Guide for Medical Emergencies and Improvised Care in the Backcountry](#) by Eric A. Weiss (Open Library link)

[Ski Safety—First Aid for Snowboarding and Skiing—2022 Guide](#) (ABC of Snowboarding)

[Taking a New Bearing](#) by Phyllis M. Ford (Open Library link)

[The Basic Essentials of Map & Compass](#) by Cliff Jacobson (Open Library link)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Work with your project leader to set goals for your project.
	Complete the appropriate year in the Cross-Country Skiing Adventures Manual. Document your learning in the manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Cross-Country Skiing Adventures Manual
	One of the following exhibits: <ul style="list-style-type: none"> • A poster (14" x 22") or display illustrating something you learned in the project this year. • A scrapbook of labeled pictures related to the project. • A photo story depicting something related to the project.

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