Test Level 1 Cross Country Skiing

Name: _____

Proper foot motion	Pass ___ Fail ____
Proper hand, pole, foot motion	Pass ___ Fail ____
Proper glide position	Pass ___ Fail ____
Proper way to fall	Pass ___ Fail ____

Leader, Parent or Guardian Name _____

Leader, Parent or Guardian Signature and Date _____ ___/___/_____