



## Cross Country Ski/Canoe Club

**Target Risk Factor:**

Physical Activity

**Target Population:**

All age groups

**Project Lead(s):**

Milt Pedwell  
Lorie Fiddler

**Community:**

Selkirk

**RHA:**

Interlake

**Project Partners:**

Selkirk Canoe and Kayak Club  
Selkirk Enterprise

**Project Details:**

Multiple or ongoing event

**Description:**

The Selkirk Canoe and Kayak club offers a winter program for cross country skiers. The participants can come for free lessons. There is also free ski waxing clinics. The trails are open to everyone for free. Equipment is available for those who do not have.

**Time:**

The project is ongoing.

**Objectives:**

There was a lack of funding to ensure that the trails were groomed at all times. We wanted participants to feel they could go skiing at any time. We also felt that the trails were under used due to lack of awareness.

**Planning Supports:**

We talked to a lot of participants to get an idea of what would appeal to them. We also took a count of how many people were using the club at the time. We asked volunteers at the canoe club what they felt was lacking in resources.

**Results:**

The number of participants grew considerably. We had six to eight people per week participating in the clinics. We had many more using the trails. People were reporting that they were using the trails more and inviting friends to try as well.

**What worked:**

Offering lessons for free and encouraging participants has really increased attendance. Advertising in the Selkirk Enterprise helped to raise awareness about the trails. Ensuring that the trails were groomed after each snowfall and monitored for damage in between.

**What didn't work and any changes made:**

We found out many people are not aware of the club as it is off an exit ramp at the Selkirk Park. We know now that there should be signs directing people to the club and the trails. Participants have also stated they would like maps of the trails and distances of the trails.

**Unexpected Outcomes:**

A lot of participants joined the summer paddling program. There were at least 20 new paddlers at the summer program this year. Many of them are skiers or friends of skiers.

***Resources***

**Volunteers:**

Canoe and Kayak club instructors

**Facilities:**

The Canoe and Kayak club house  
Groomed trails

**Equipment:**

Skis, wax, boots, waxing forms.

**Total Costs:**

\$1720.00

**Materials developed for your program:**

[Picture](#)

A newspaper article promoting the project is attached

**Contact Information:**

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