

ABCA SNOWSHOE RENTAL INFORMATION

Please return snowshoes to Reception for inspection of the equipment.

Ausable Bayfield Conservation Authority

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Website: abca.on.ca info@abca.on.ca



Regular ABCA Office Hours Monday – Friday 8:30 – 4:30

(Holidays are the exception to regular office hours)

Thank-you for renting snowshoes from the ABCA!

Your rental fees help us to ensure we have safe, up-to-date snowshoe equipment. Snowshoes are designed to increase the surface area of your weight distribution on top of the snow. They have been used for hundreds of years and are once again becoming a very popular winter recreational activity. They are a great way to get out and embrace our Canadian winters. Thanks again and enjoy the snowshoes!

Size and Style of Snowshoes:

The size of snowshoe you require is dependent on 2 factors: weight and boot size. There are no left and right snowshoes. Listed above is an inventory of the snowshoes the ABCA has, this will give you a better idea as to which snowshoes will suit you best. Unfortunately we do not have poles available for rental. Some participants may find the use of poles helpful for balance.

Putting them on – it's easier than you think!

Once you have figured out which style and size will best equip you and your needs. The next part is to figure out how to put them on. Each style of snowshoe is different, but most of the ABCA snowshoes have a nylon binding. **Please do not put snowshoes on over gravel, paved or muddy terrain, as it will damage the snowshoes. The only place to put them on is in a thick snow surface.**

- Loosen the toe and heel bindings of both snowshoes by lifting the plastic buckle and loosening the nylon binding.
- For the next part, you may need the assistance of a friend to help with your balance, or kneel down to help tighten bindings properly.
- Carefully place one foot into the binding (into the toe cage if there is one) as far as it will go.
- Make sure you are not stepping on the back strap and that it is large enough able to come up over the heel of your boot and rest over your Achilles tendon.
- Next, carefully tighten the front binding by grasping the nylon strap by the knot and pulling to the side foot until the front binding feels snug against your foot.
- Follow the same procedure for the back strap, and pull the nylon strap backwards to tighten.

How to Walk in the Snowshoes:

Forward: Walk as you would without snowshoes. But allow for some straddling depending on the width of your snowshoe. You want to prevent hitting the snowshoes together, and hitting your shins or developing pain in your thighs due to too wide a straddle. Keep in mind, depending on the snow conditions; you will sink into the snow, especially if you are breaking a new trail. You may need to take slower and higher lifting

steps in deep snow. When with a group, rotate your trail breaker every few minutes since the first person will always exert the greatest effort and energy.

Ascending a Moderate Incline: While facing directly uphill, step into the snow with your weight on your toes while planting your front claws or crampons into the hill. Use firm footing as needed while you literally step-up the incline.

Turning Around: Walking in a circle is the easiest means of turning around. If this is not possible, than "step turn," which involves lifting one snowshoe and placing it at a 90-degree angle (forming a 'T') in front of the other shoe. Then shifting your body and bringing the other snowshoe back alongside, making a half-turn. Do it again to make the full turn.

If you fall...this is the hardest part...

- Simply roll over onto your front, put one knee up and push yourself up to a half-kneeling position. Then raise yourself back to a standing position by using your knees to brace your hands/arms. Use poles or a walking stick if available.

Appropriate Terrain for Snowshoes:

Snowshoes that are returned damaged will result in the renter paying to replace the ABCA rented snowshoes.

Please DO NOT wear the rented snowshoes in the following conditions or places:

- Fields where there is exposed mud, snowshoes are not rubber boots!
- Unknown forest terrain where there are downed trees, brush and debris – travelling over down brush could puncture and damage the decking and crampons of the snowshoes.
- Please also avoid hitting the snowshoes together or walking on the backs of other snowshoes, this will also damage them

Appropriate places to wear rented ABCA snowshoes:

- Hiking trails at a local Conservation Area, Provincial Park, town or other (make sure you are not walking on tracks set for cross-country skiing)
- Your backyard in areas free of debris
- At the beach (please stay away from all frozen bodies of water!)

Storage: Please keep the snowshoes in a dry and secure place if you have them overnight. If possible, hang, or place to thaw out and drip dry in a garage or mud room.

ENJOY and thanks again for renting ABCA snowshoes!

