

What to do and not to do as starter

Nordic Skating Academy



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2. The happy flow: a nice skating vacation
3. The risks: what not to do
4. Have fun

Starting point for private tours

1. You have a motivated, good cooperating team together

Academy lesson - Decision making in teams

2. You made appointments about what (not) to use from HLSK

hlsk.nl – Take what you need from Reglementen, Deelnemers, Ijsvossen, Gidsen pages

3. You know the basics about how to find skateable ice

Academy lesson – The start of ice finding

4. You know how to skate a Swedish lake without (much) experience

Academy lesson - Sweden is not Holland: why skating patterns?



And now you want to go!

Skating Vacations DIY

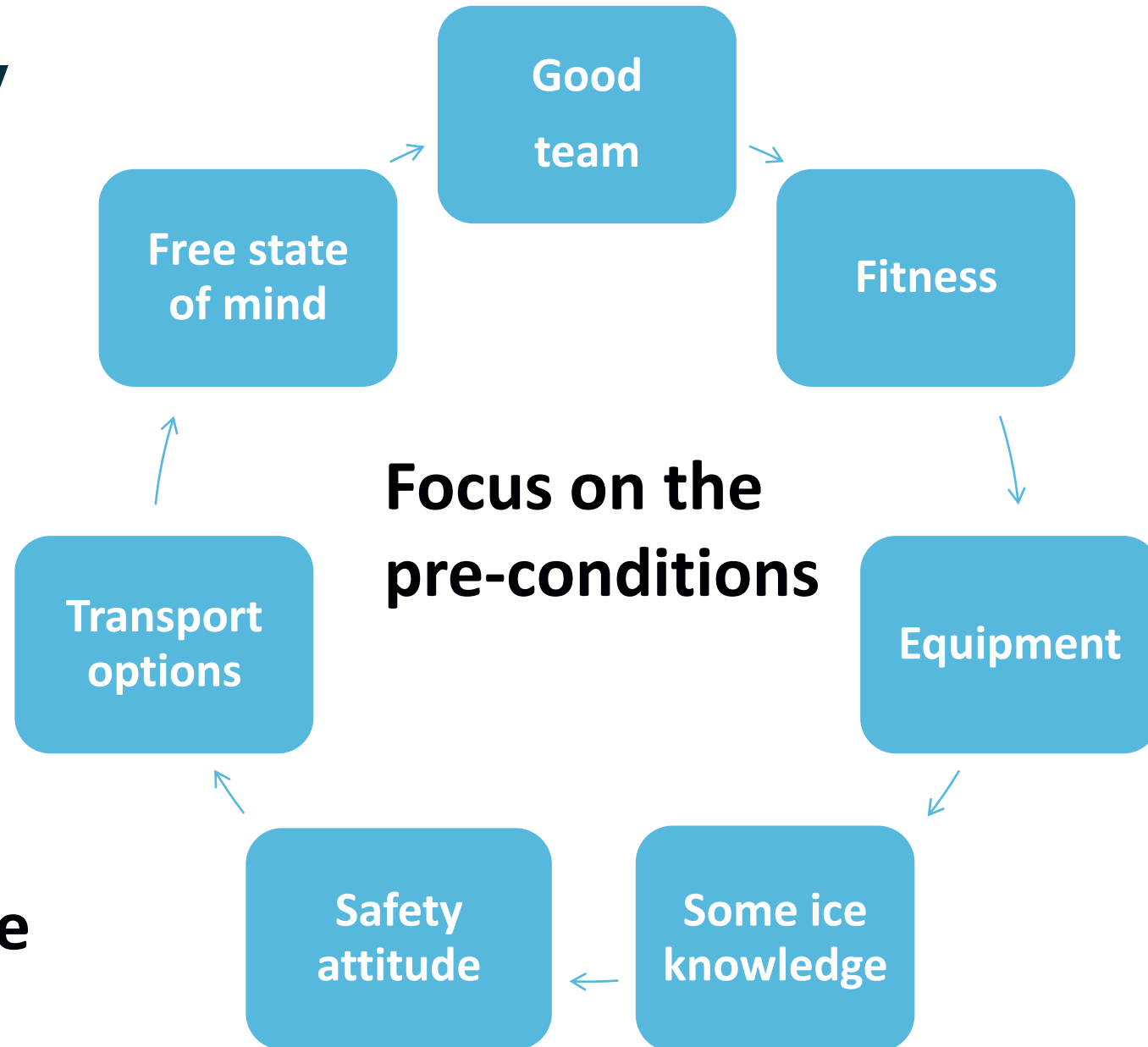
If you want it, it's possible

- Outdoor is big fun
- Good company
- Beautiful nature
- Not knowing where to go/sleep
- Helps keeping an open mind
- Cheaper than skiing in the alps

ADVENTURE!



The philosophy



But decide where to go ALAP

Trip types and results

	Fixed date	Flexible date
Fixed location	POOR	GOOD
Flexible location	BETTER	BEST

Trip types and results

	Fixed date	Flexible date
Fixed location	POOR	GOOD
Flexible location	BETTER	BEST

For instance: “I go skating on Rinnen on New Years day”
→ not a big chance the ice is skateable at that location/date

Trip types and results

	Fixed date	Flexible date
Fixed location	POOR	GOOD At home
Flexible location	BETTER	BEST

Example: waiting for good ice around home, that's what most Scandinavian skaters do → logical, because they live there

Trip types and results

	Fixed date	Flexible date
Fixed location	POOR	GOOD
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with ALAP
decision about
location

Trip types and results

	Fixed date	Flexible date
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not in this
lesson

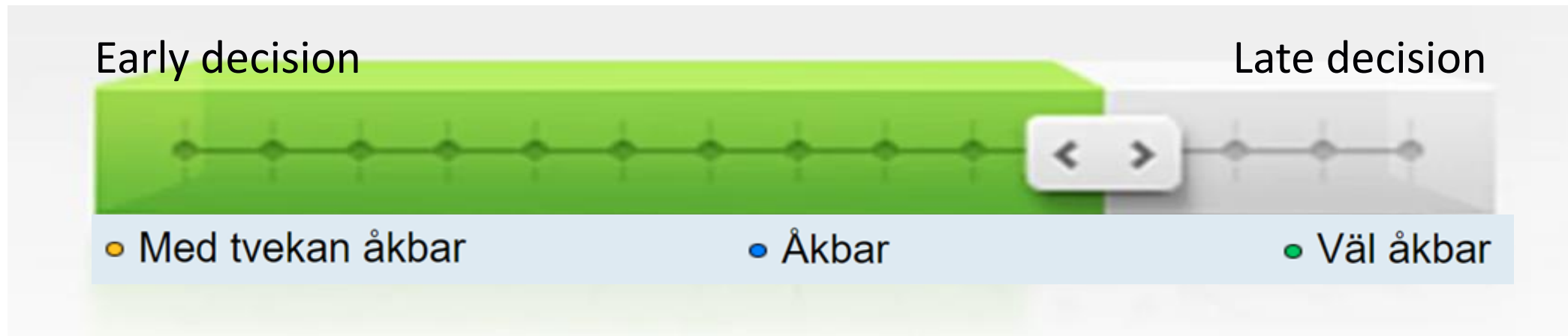
Trip types and results

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with ALAP
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Freedom of mind and movement is key

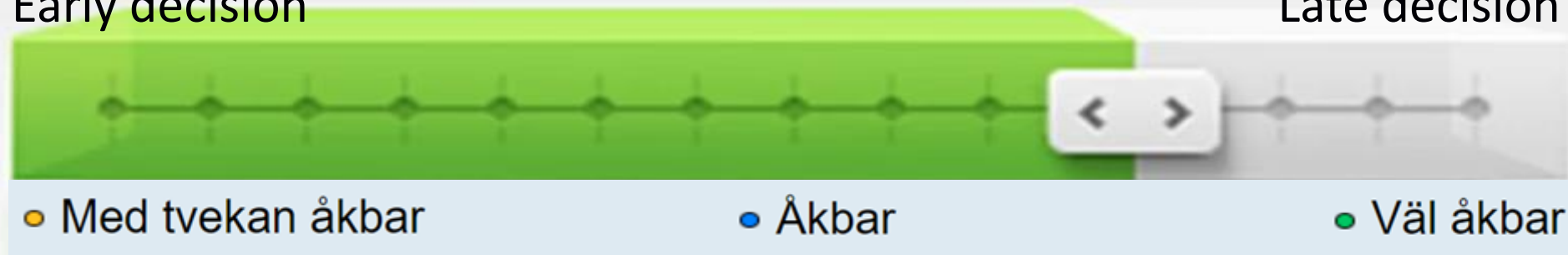


Ask yourself: where is my own slider in flexibility about making last-minute decisions?

Examples

Early decision

Late decision



Examples of inflexibility

We fly to Stockholm

We will use stuga of a friend

We book vandrarhem for next weekend

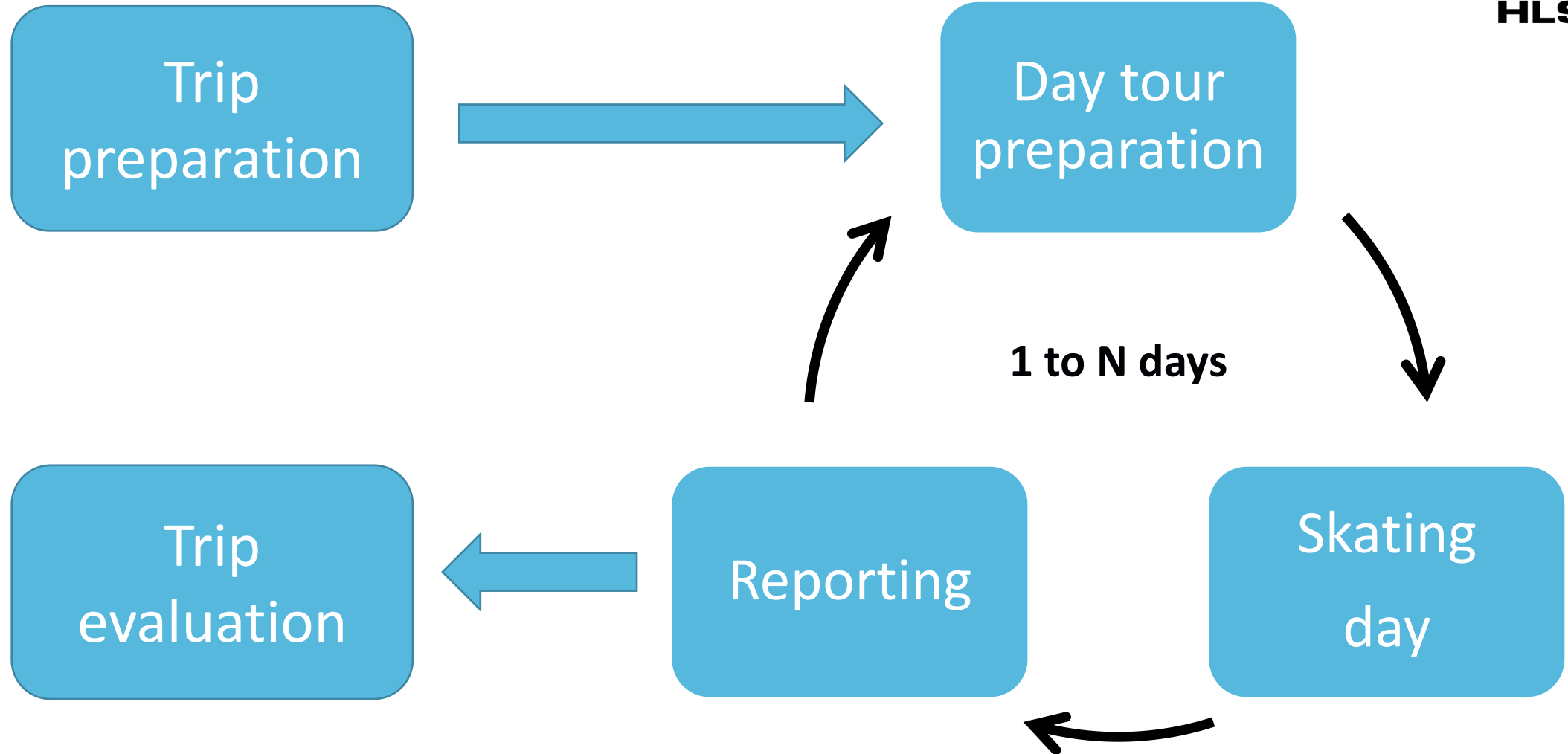
Examples of flexibility

We drive and decide at Hborg: E6 or E4?

We do not make appointments up front

Vandrarhem booking after looking

Skating vacation



Which target area to choose?



Lots of tools and factors in the toolbox

ALAP

Trafik
verket

Satellite
pictures

Skate
and test

Skridsko-
nätet

NVE,
Iskart

Marine
traffic

Web
cams

Weather
actuals

Weather
forecast

Weather
patterns

Sea info
services

Water
temps

Altitudes
of lakes

Depths
of lakes

Shape of
lakes

Weather
influence
on ice

Ice
history

Social
media

Freezing
orders

Water
flows

Micro
climates

Contact
persons

Winters
history

Radar
images

Stöpning
speed

Which target area to choose?



For fixed date it is a lot easier

Skate
and test

Weather
actuals

Water
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Ice
history

Micro
climates

Skridsko-
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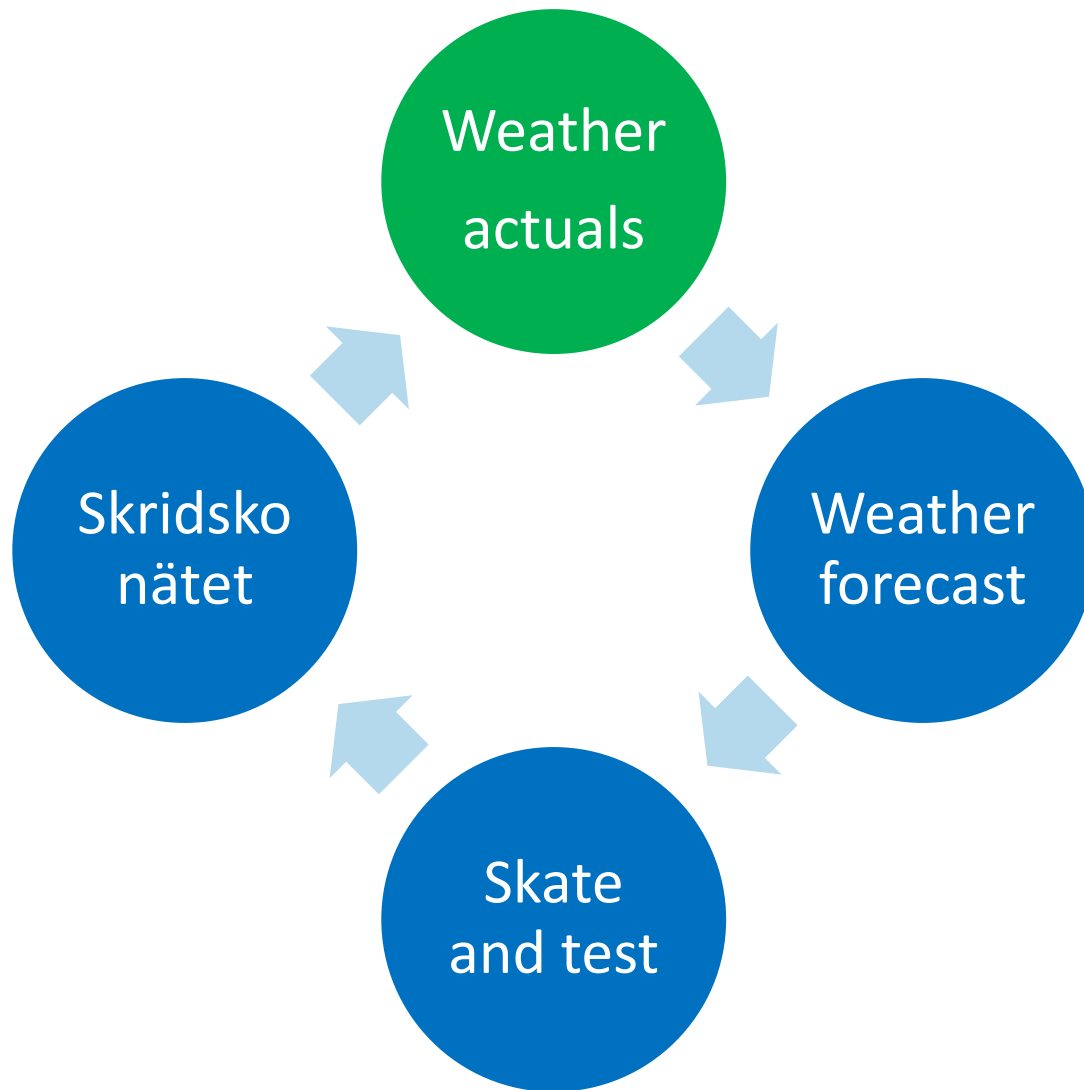
Water
flows

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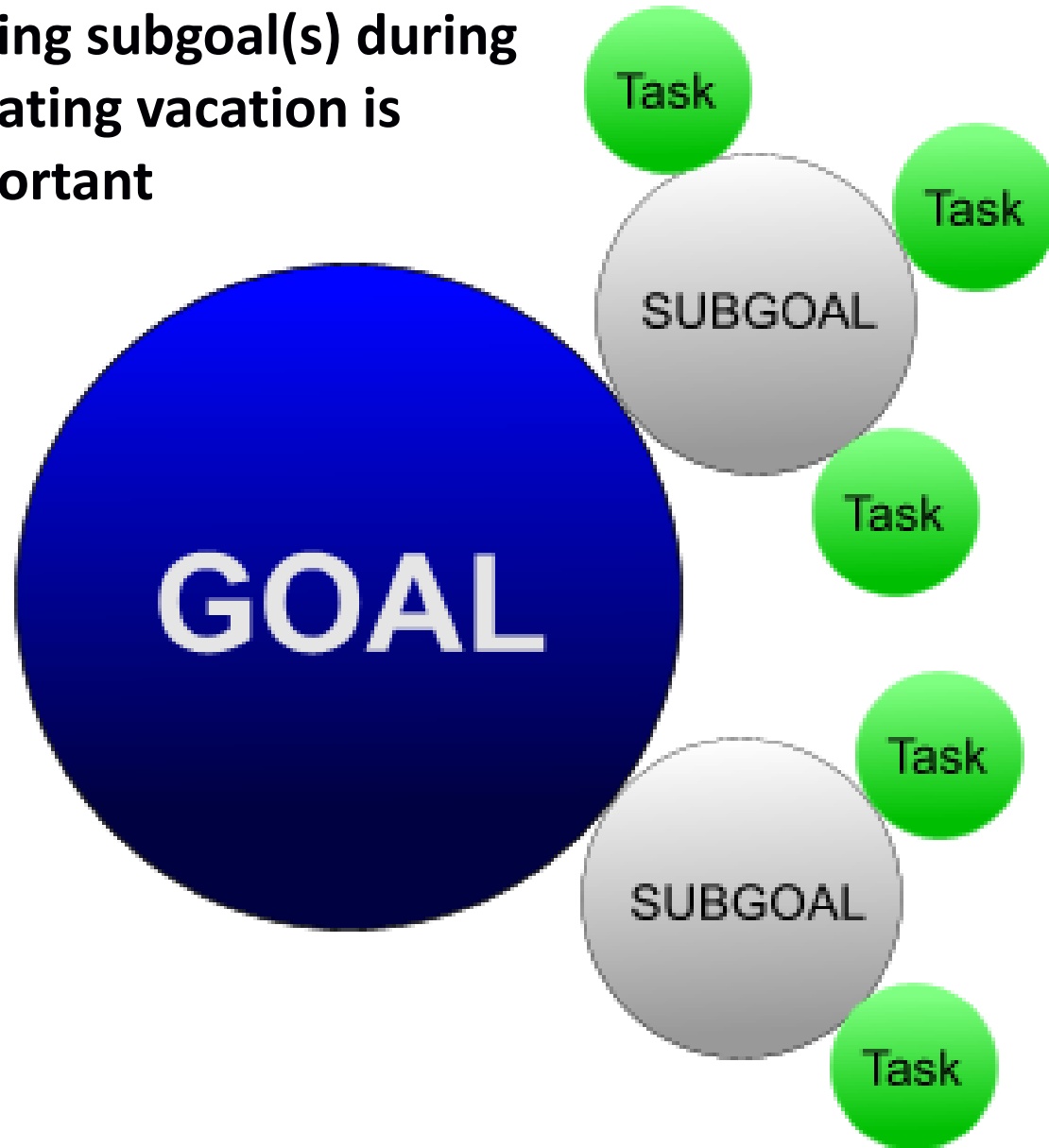
Weather
influence
on ice

Stöpning
speed



By shifting your attention from weather forecast to weather actuals, on average you skate on better ice.

**Having subgoal(s) during
a skating vacation is
important**



Examples:

- learning about ice
- spotting wildlife and tracks
- doing nice walks (between lakes)
- practicing satpic reading
- skating a lake with no reports on SN
- have a traditional Swedish dinner
- learn things about history
- spice up the fika with korv och bröd
-



Safety first!

The risks: what not to do





Season starts in October

Picture: Rondane National Park, Norway, October 2022



Season ends in April
Picture: Baltic Sea, Sweden, April 2023

But, for private tours starters

- October and November complexity: ice finding, judging thin new ice, higher altitudes
- March and April complexity: degenerating (spring) ice, some years only skateable ice at sea and big lakes; small lakes buried in snow



**December, January and February:
best for private tours starters**

Avoid



Baltic sea and
west coast

Skating in dawn,
dusk and dark

Keeping Dutch
skating speed

Following
other groups

Big lakes with
open water

Day plan
without margin

Skating
straight lines

High altitude
lakes

River
skating

Areas with no
mobile connection

Heavy forest
walks

Whole group
on thin ice

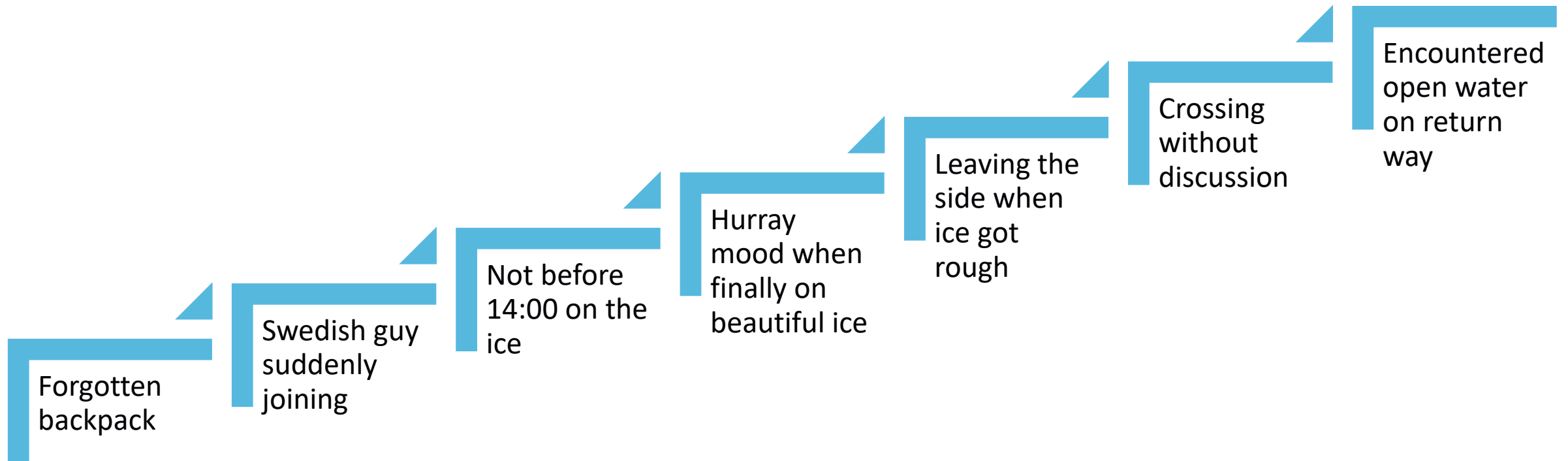
Lakes with big stream
going through

Normal and risk increasing

Below the analysis of the risk factor ice. The green column mentions the normal situations you encounter during a day tour. The red column mentions the risk increasing factors. Judge the risk factor (in this case ice) by comparing the situation you encounter to the reference 'normal' day tour described in the green column.

	Normal conditions	Increased risk conditions
Factor Ice	thick kärnis; hard stöpis/snöis with stable kärna under; ice not degenerated; snow/rimfrost on the ice < 1cm; water on the ice <1mm; normally placed upp/nedråkar; few vindbrunnar; generations of ice easily visible	thin ice; weak structured ice; spring ice; loose from shore; connected to open water; ice floes; (newly formed) signs of recent ice drift; signals of tension; (refrozen) släppråker; ice broken near shore due to traveling waves; råk following shoreline; stöpis/snöis without stable kärna; double ice; reduced visibility by snow/water on the ice; underfrättning; many vindbrunnar; vrakis; many torrsprickor; plurnings reported

Recognize a chain of events



- 1 • Plan your day with margins
- 2 • Choose multiple small lakes with short walks
- 3 • Place your car in the middle of the tour when possible
- 4 • Explore expected difficulties in the morning
- 5 • Avoid crossings as much as possible
- 6 • Skate a lake or a bay twice, in opposite directions
- 7 • Save some already explored ice for the afternoon

**Decrease
your risk
as starter**

Have fun while learning!



2021-12-22

First day of our Swedish tour on Gesebols sjö

Leonhard Beijderwellen

11 likes

4 👤

15 km

0 📷

0 📅

Privétocht

☁️ -3° / -3° 2 m/s ↻ ▼

Erikslund, 11:18 - Erikslund, 14:30

After a perfect journey we arrived by boat in Gothenburg. Seeing nice reports of Christina we decided to go to Gesebols sjö. It turned out to be a good choice. A nice lake with a lot of bays and not to big for a group with only isrävar. We rounded the lake looking for in- and outstreams. By the sund to the other lake we saw only water.

The ice was covered with a thin layer of powder snow. We could not see the surface properly. That was the reason Saskia fell and hurt her arm. We were near a little island with a fire place so we decided to stop for our fika. After that we returned to our starting place. We met there a lot of Swedish people including Joakim Lindeblom the partner of Christina and an attractive Swedish man according to the three female participants of our tour.

Deelnemers:

Ik was erbij

Leonhard Beijderwellen, Saskia Beijderwellen, Elly Trommelen, Simone Cremers



IJsobservaties van tochtdeelnemers

- Gesebols sjö (Simone Cremers)
Karnis 8 cm and 0,3 cm powdersnow not disturbing
- Gesebols sjö (Leonhard Beijderwellen)
Stöpis covered with 0.5 cm powder snow



Questions?

Ask them now or mail rob@fire.ly