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NORDIC SKI PATROLLERS— Fred M. Fargotstein **Serving Cross Country Skiers in the Laurel Highlands**

Should you find yourself lost or injured while cross country skiing in Pennsylvania's Laurel Highlands, you'll be pleased to know that many of the area's most popular trails are patrolled by the highly trained members of the **Laurel Highlands** and **Laurel Hill Nordic Ski Patrols**.

As components of the National Ski Patrol, these two all-volunteer professional organizations provide emergency care, rescue, and other safety-related services to Nordic (cross country) skiers and other winter recreationalists.

The Laurel Highlands Nordic Ski Patrol is based in Kooser State Park on PA Route 31 (east of Donegal) and also patrols the nearby North Woods, Roaring Run, and Jones Mill Run areas of the Forbes State Forest. The Laurel Hill Nordic Ski Patrol serves the portion of the Forbes State Forest on Laurel Summit, just south of PA Route 30 near the former Laurel Mountain downhill ski area. Both groups patrol on weekends during ski season.

Nordic patrollers receive the same extensive medical training as our Alpine (downhill) ski patrol counterparts, plus specialized training related to delivering care in remote situations where assistance and support facilities are not immediately available. Our Outdoor Emergency Care credential is equivalent to EMT-B certification, and patrollers are recognized by the State of Pennsylvania as Emergency Medical Responders.

More information about the two patrols and some great places to ski (including trail descriptions, maps, and directions) is available on the patrols' website **WAR-Nordic.org**.

Members of the Laurel Highlands Nordic Ski Patrol (left to right) Andy Cook, Diane Murray, Jerry Timcik (Patrol Director), and Fred Fargotstein.

Fred M. Fargotstein is the Assistant Director of the Laurel Highlands Nordic Ski Patrol

