

# ALPINE SKIING

## **a. Use and maintenance of release bindings:**

DIN Standard (German Industrial Standard)

Standardizes boots, skis, and bindings to ensure all are interchangeable.

## **b. Explain American Teaching System and a basic snow skiing progression:**

PSIA = Professional Ski Instructor Association

1. Flat land movement
2. Gliding wedge
3. Wedge turn
4. Wedge Christies
5. Skidding parallel turn
6. Carved turns

## **c. Explain and discuss the following:**

1. Five types of Alpine skis:
  1. Recreational (easy to master)
  2. Performance (more skilled skier)
  3. Shaped ski (quick turning)
  4. Race - Slalom
  5. Race - Giant Slalom
  6. Race - Downhill
2. Telemark skis - cross between Alpine skis and Nordic skis, toe is fastened to ski and heel is allowed to lift but unlike Nordic skis. Telemark skis have steel edges for superior mountain performance
3. Snowboard - wide and short

## **d. Major ski Organizations:**

1. National Ski Area Association
2. National Ski Patrol
3. Professional Ski Instructor Association

## **e. Explain importance of strength, endurance, and flexibility:**

1. Strength - muscular power needed to maneuver skis and maintain body posture in proper balance
2. Endurance - fitness required for stamina to maintain your strength during long runs and to ski all day
3. Flexibility - fitness required to complete a full range of movement and prevent personnel injury

*f.*

1. Proper dress - discuss how cloths keep you warm:

- Dress in layers, bottom layer should be an insulating layer that provides a dead air space to hold your body heat, wind break material over insulating stops cold air from infiltrating trapped body heat.
- Windbreak material should have the ability to shed snow.
- Hat and gloves are a must.
- Eye protection is a must.
- In extreme cold cover all exposed skin

2. Two ways to carry skis:

- Fasten skis together carry on shoulder with poles in other hand
- Fasten skis together carry in one hand with poles in other hand

*g.*     **Chair lift:**

- Remove ski pole safety straps from wrists and hold both poles in free hand
- Immediately after chair, which will be in front of you, goes by, quickly move up behind it and stop at designated point, hold poles out in front of you chest high.
- Turn from the waist, look back, and with hand not holding poles grab frame of chair as it approaches and sit down.
- Lower safety bar
- GETTING OFF - Lift safety bar, hold poles in 1 hand up and out away from you, ski tips up, ski down and away far away from lift exit area before adjusting equipment.

T - Bar:

- Remove ski pole safety straps from wrists and hold both poles in free hand
- Immediately after T - Bar which will be in front of you goes by, quickly move up behind it and stop at designated point, hold poles out in front of you chest high.
- Turn from the waist, look back, and with hand not holding poles grab frame of T - Bar as it approaches and tuck under butt.
- Lean back and prepare for take off, stay in tracks.
- When top is reached discard T - Bar to side and ski clear

Platter lift:

- Remove ski pole safety straps from wrists and hold both poles in free hand
- Immediately after Platter lift, which will be in front of you, goes by, quickly move up behind it and stop at designated point, hold poles out in front of you chest high.
- Turn from the waist, look back, and with hand not holding poles grab frame of Platter lift as it approaches and tuck platter between legs and under butt.
- Lean back and prepare for take off, stay in tracks.
- When top is reached discard Platter lift to side and ski clear

***h. GREEN CIRCLE - beginner, easiest***

**BLUE SQUARE - intermediate, more difficult**

**BLACK DIAMOND - advanced, most difficult**

**TRAIL CLOSED and CAUTION = DO NOT ENTER**

## **SNOWBOARDING**

**a. Forward fall injuries:**

- Occur to hands/wrists/arms when trying to break fall - prevent by bending at knees, lowering body to snow
- Action taken if injury occurs - mark spot w/ crossed skis stuck upright in snow, note exact location report to ski patrol

**b. Do the following:**

1. Select equipment

***Boots:***

- Soft - fit with most common bindings
- Comfortable
- Permit a “surfer” feel of the board for freestyle maneuvers
- Can be used for other outside activities
- Hard - give superior control for speed

- Offer greater ankle support
- Are extremely durable
- Make getting in and out of bindings EZ

### **Bindings:**

High back - ed with soft boots

Plate - used with hard boots

Step-in - used with special firmer soft boots

Board -

Freestyle - twin tips, suitable for riding forward/backward, spins, jumps, tricks

Free ride - directional shape, flexible, an all mountain board

Free carving - stiff and narrow, curved nose square tail, high speed downhill carve

Alpine

#### 2. Proper dress

- Dress in layers, bottom layer should be an insulating layer that provides a dead air space to hold your body heat, wind break material over insulating stops cold air from infiltrating trapped body heat.
- Windbreak material should have the ability to shed snow.
- Hat and gloves are a must.
- Eye protection is a must.
- In extreme cold cover all exposed skin

#### 1. Carry snowboard

- Under one arm
- Against back

c. Show how to use and maintain bindings, use demo skis. Leash prevents runaway snowboard.

d. Demo exercises: Warm-up muscles by run in place etc. Stretch for flexibility

e. Chair lift:

- Remove rear foot from binding

- Immediately after chair, which will be in front of, you go by, quickly move up behind it and stop at designated point.
- Turn from the waist, look back, and with hand not holding poles grab frame of chair as it approaches and sit down.
- Lower safety bar
- GETTING OFF - Lift safety bar, tips up, ride down with both feet on board and away far away from lift exit area before adjusting equipment.

T - Bar:

- Remove rear foot from binding
- Immediately after T - Bar which will be in front of you goes by, quickly move up behind it and stop at designated point.
- Turn from the waist, look back, and with hand grab frame of T - Bar as it approaches and tuck under butt.
- Lean back and prepare for take off, stay in tracks.
- When top is reached discard T - Bar to side and ride clear

Platter lift:

- Remove rear foot from binding
- Immediately after Platter lift, which will be in front of you, goes by, quickly move up behind it and stop at designated point.
- Turn from the waist, look back grab frame of Platter lift as it approaches and tuck platter under arm.
- Lean back and prepare for take off, stay in tracks.
- When top is reached discard Platter lift to side and ride clear

f. **GREEN CIRCLE** - beginner, easiest

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