



Skiing Fundamentals

Basic Techniques

<p>The Wedge (Snowplow): Used for slowing down and stopping. Form a 'V' shape with your skis, with the tips close together and the tails far apart.</p>
<p>Parallel Turn: For more advanced skiers, involves keeping skis parallel while turning. Shift weight to the outside ski of the turn.</p>
<p>Edge Control: Utilizing the edges of your skis to grip the snow and control direction. Angling your skis more will result in a sharper turn.</p>
<p>Pole Planting: Use poles for balance and rhythm. Plant the downhill pole as you initiate a turn.</p>
<p>Weight Distribution: Maintain a balanced stance with weight centered over your skis. Avoid leaning too far forward or backward.</p>
<p>Looking Ahead: Focus your gaze in the direction you want to go.</p>

Essential Gear

<p>Skis: Choose skis appropriate for your skill level and the terrain. Consider length, width, and flex.</p>	<p>Bindings: Ensure bindings are properly adjusted to your boot size and release setting (DIN). This is crucial for safety.</p>
<p>Boots: Ski boots should fit snugly but comfortably. Avoid pressure points. Consider getting custom footbeds for enhanced comfort and performance.</p>	<p>Poles: Choose poles that are the right height for you. When holding the pole upside down, your elbow should be at a 90-degree angle.</p>
<p>Helmet: Always wear a helmet to protect your head. Ensure it fits properly and meets safety standards.</p>	<p>Goggles: Protect your eyes from the sun, wind, and snow. Choose goggles with appropriate lens tint for the conditions.</p>
<p>Appropriate Clothing: Dress in layers to stay warm and dry. Avoid cotton, which retains moisture. Wear waterproof and windproof outerwear.</p>	<p>Gloves or Mittens: Keep your hands warm and dry. Mittens are generally warmer than gloves.</p>

Safety Tips

<p>Warm-up: Stretch and warm up your muscles before skiing to prevent injuries.</p>
<p>Stay Hydrated: Drink plenty of water throughout the day to prevent dehydration.</p>
<p>Know Your Limits: Ski within your ability level and avoid terrain that is too challenging.</p>
<p>Be Aware of Surroundings: Pay attention to other skiers and snowboarders, as well as obstacles on the slopes.</p>
<p>Follow the Skier's Responsibility Code: This code outlines important rules for safe skiing and snowboarding.</p>
<p>Take Breaks: Rest when you are tired to avoid fatigue and prevent accidents.</p>

Snowboarding Essentials

Stance and Balance

<p>Regular vs. Goofy: Determine your stance (left foot forward = regular, right foot forward = goofy). This impacts how you ride. If you're unsure, try being pushed gently from behind and see which foot you naturally put forward to catch yourself.</p>
<p>Centered Stance: Maintain a balanced stance with your weight centered over the board. Bend your knees and keep your back straight.</p>
<p>Looking in the Direction of Travel: Keep your head and eyes focused in the direction you want to go. This helps with balance and control.</p>
<p>Heel Edge and Toe Edge: Understand the difference between riding on your heel edge (back of the board) and your toe edge (front of the board). Controlling these edges is crucial for turning.</p>

Basic Snowboarding Techniques

<p>Falling Leaf: A beginner technique for traversing the slope. Slowly move from heel edge to toe edge, creating a falling leaf pattern.</p>	<p>Heel Edge Turns: Initiate turns by shifting your weight and pressure to your heel edge. Keep your body aligned with the board.</p>
<p>Toe Edge Turns: Initiate turns by shifting your weight and pressure to your toe edge. Keep your body aligned with the board.</p>	<p>Traversing: Riding across the slope at an angle. Used to control your speed and position on the mountain.</p>
<p>Stopping: Use a controlled heel edge or toe edge turn to come to a stop. Avoid sudden, jerky movements.</p>	<p>Lifts: Pay attention to lift operators. Don't be afraid to ask for help getting on and off the lift. Remove the foot from your front binding for easier unloading.</p>

Snowboarding Gear Checklist

<p>Snowboard: Select a board appropriate for your skill level, height, and weight. Consider the board's flex and shape.</p>
<p>Bindings: Ensure bindings are properly mounted and adjusted to your boot size. Check the screws regularly.</p>
<p>Boots: Snowboard boots should fit snugly and provide good ankle support. Consider using custom footbeds.</p>
<p>Helmet: Always wear a helmet! It's the most important piece of safety equipment.</p>
<p>Goggles: Choose goggles with appropriate lens tint for the weather conditions. Ensure they fit comfortably with your helmet.</p>
<p>Waterproof Outerwear: Stay dry and warm with a waterproof jacket and pants. Look for features like vents and powder skirts.</p>
<p>Gloves or Mittens: Keep your hands warm and dry. Consider waterproof gloves or mittens with wrist straps.</p>

Ice Skating Guide

Getting Started

Proper Skate Fit: Skates should fit snugly but not too tight. Your heel should not lift inside the boot. Thin socks are best.
Ankle Support: Ensure your skates provide good ankle support. If your ankles wobble, consider stiffer skates or ankle supports.
Getting on the Ice: Step onto the ice carefully, holding onto the side for support. Bend your knees and keep your weight centered.
Basic Stance: Maintain a slightly crouched position with your knees bent and your arms out to the sides for balance.

Snowshoeing Essentials

Choosing Snowshoes

Size Matters: Snowshoe size (length and width) is determined by your weight (including gear) and the snow conditions. Softer, deeper snow requires larger snowshoes.
Terrain Considerations: For flat terrain, smaller, more agile snowshoes are suitable. For hilly or mountainous terrain, choose snowshoes with better traction and heel lifts.
Binding Types: Bindings secure your boots to the snowshoes. Look for bindings that are easy to adjust and provide a secure fit. Consider the type of boots you'll be wearing (hiking boots, winter boots) when selecting bindings.
Material: Snowshoes are typically made of aluminum or composite materials. Aluminum snowshoes are durable and lightweight, while composite snowshoes are often more affordable.
Crampons/Traction: Ensure your snowshoes have adequate crampons or traction devices on the bottom for grip on icy or steep terrain.

Basic Skating Techniques

Marching: Practice marching on the ice to get a feel for the skates. Lift each foot slightly and push off with the inside edge of the blade.	Gliding: Once you're comfortable marching, try gliding on one foot while pushing off with the other. Alternate feet.
Scooting: Push off with both feet simultaneously to propel yourself forward. This is a good way to gain speed and momentum.	Stopping (Snowplow Stop): Form a 'V' shape with your skates, with the tips close together and the heels far apart. Push your heels outward to slow down and stop.
Turning: Shift your weight to the inside edge of the skate in the direction you want to turn. Use your arms for balance.	Forward Skating: Push off with one foot at an angle and glide on the other. Bring the pushing foot forward and alternate legs, maintaining a smooth, rhythmic motion.

Snowshoeing Techniques

Walking: Walking in snowshoes is similar to regular walking, but you'll need to lift your feet higher to clear the snowshoes. Maintain a comfortable stride.	Climbing: When climbing hills, use the heel lifts on your snowshoes to reduce strain on your calf muscles. Shorten your stride and lean forward slightly.
Descending: When descending hills, bend your knees and lean back slightly for better balance. Use your poles for additional support.	Traversing: When traversing steep slopes, kick the edges of your snowshoes into the snow to create a stable platform. Use your poles for balance.
Turning: To turn, lift the tail of one snowshoe and pivot in the desired direction. Use your poles for balance.	Breaking Trail: When breaking trail in deep snow, take turns with your companions to conserve energy.

Safety on the Ice

Falling Safely: If you feel yourself falling, try to relax and fall to the side, avoiding putting your hands out to brace yourself.
Protective Gear: Consider wearing a helmet, knee pads, and elbow pads, especially when learning.
Awareness: Be aware of other skaters and avoid skating too close to the edges of the rink.
Skate Sharpening: Keep your skates sharp for better grip and control on the ice. Dull blades can make skating more difficult and dangerous.
First Aid: Know the location of the first aid station at the rink. If you get injured, seek assistance immediately.

Essential Gear & Safety

Waterproof Boots: Wear waterproof and insulated boots that provide good ankle support. Ensure they fit comfortably with your snowshoe bindings.
Layered Clothing: Dress in layers to regulate your body temperature. Avoid cotton clothing, which retains moisture.
Poles: Use trekking poles with snow baskets for balance and stability. Adjust the pole length to suit the terrain.
Navigation: Carry a map, compass, and GPS device, and know how to use them. Familiarize yourself with the area before you go.
Emergency Supplies: Carry a first-aid kit, repair kit, headlamp, extra food and water, and a whistle. A small shovel can be useful in case you need to dig a snow cave for shelter.
Avalanche Awareness: If you're snowshoeing in avalanche terrain, take an avalanche safety course and carry an avalanche transceiver, probe, and shovel. Check the avalanche forecast before you go.
Tell Someone: Always inform someone of your snowshoeing plans, including your route and expected return time.