

The Gliding Experience Cheat Sheet

Decisions

Approach

Targets

Tactics

Set-up

Observations

Assessment

Learning Contract			
Goals	Experience	Physical	Psychological
Situation			
Conditions	Learning Environment		Terrain Assisted
The Skiing Objectives			
Mobility - In the skiing environment.			
Freedom			
Awareness			
Gliding - With comfort and balance.			
Relaxed/low fatigue			
Minimize resistance			
Direction Change - For rhythm and control.			
Intention and choice			
Grip and control			
Speed Management - Control, maintain, or increase.			
Anticipates terrain			
Makes good choices			
Motor Skill Development			
What to develop . . .		How to develop . . .	
Impressions		Technical Reference	
<p>Rigid (balance and mobility)</p>		<p>Use of all joints helps maintain balance, to provide the ability to manage forces acting on the ski and the skier</p>	
<p>Twisty (upper body)</p>		<p>Turning is led by the lower body and ski design</p>	
<p>Tippy (inclination/banking)</p>		<p>Upper and lower body separation allows angulation to provide grip</p>	
<p>Erratic (flow and coordination)</p>		<p>Coordinated movement patterns direct the forces acting on the ski and the skier and the momentum of the skier from turn to turn.</p>	

Outcomes

ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE SLOPES, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** Always stay in control. You must be able to stop, or avoid other people or objects.
- 2** People ahead of you have the right-of-way. It is your responsibility to avoid them.
- 3** Do not stop where you obstruct a trail or are not visible from above.
- 4** Before starting downhill or merging onto a trail, look uphill and yield to others.
- 5** If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.
- 6** Always use proper devices to help prevent runaway equipment.
- 7** Observe and obey all posted signs and warnings.
- 8** Keep off closed trails and closed areas.
- 9** You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.
- 10** You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.

**Know the Code - Be Safety Conscious
It is Your Responsibility**