

Skiing Fundamentals

Basic Techniques

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.
Parallel Turn: For more advanced skiers, involves keeping skis parallel while turning. Shift weight to the outside ski of the turn.
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.
Pole Planting: Use poles for balance and rhythm. Plant the downhill pole as you initiate a turn.
Weight Distribution: Maintain a balanced stance with weight centered over your skis. Avoid leaning too far forward or backward.
Looking Ahead: Focus your gaze in the direction you want to go.

Essential Gear

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

Safety Tips

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

Snowboarding Essentials

Stance and Balance

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.
Centered Stance: Maintain a balanced stance with your weight centered over the board. Bend your knees and keep your back straight.
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.
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.

Basic Snowboarding Techniques

Falling Leaf: A beginner technique for traversing the slope. Slowly move from heel edge to toe edge, creating a falling leaf pattern.	Heel Edge Turns: Initiate turns by shifting your weight and pressure to your heel edge. Keep your body aligned with the board.
Toe Edge Turns: Initiate turns by shifting your weight and pressure to your toe edge. Keep your body aligned with the board.	Traversing: Riding across the slope at an angle. Used to control your speed and position on the mountain.
Stopping: Use a controlled heel edge or toe edge turn to come to a stop. Avoid sudden, jerky movements.	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.

Snowboarding Gear Checklist

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

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.

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.

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.

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.

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.

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.