STAC 161 & 162 Beginning and Intermediate Ski Review

Sundance Ski Resort has a teaching system based on what they call “Home Base” which teaches that the down-hill shoulder, arm and hand should be aligned with the down-hill hip and boot. The Home Base ideas work for all types of snow and terrain. If you are following the “Home Base” teaching system correctly

- Turns should be smooth and rounded.
- Your speed will be controlled by going across the fall line.

“Fall Line” is the direction the skis or snowboard naturally would like to follow.

Everyone on the mountain is responsible for following the rules in order to keep others safe. This is called the “Responsibility Code.” The purpose of the Responsibility Code is to allow you and others to help create a responsible and enjoyable experience on the mountain. It is important that you know this code and share it with others.

As part of this code we try our best to always do the following:

- Stay in control.
- Give people ahead of you the right of way.
- Stop in a safe place for you and others.
- Whenever starting downhill or merging, look uphill and yield.
- Use devices to help prevent runaway equipment.
- Observe signs and warnings, and keep off closed trails.
- Know how to use lifts safely.

Sometimes it seems difficult to get your boots to lock into the bindings. Often the following causes this:

- Snow has stuck to the bottom of your boot and it can’t get far enough down to lock.
- The slope is so steep that the bindings are not square to the boot
- The locking/unlocking device on the binding is not in the proper position to receive the boot.

Things to remember: Wearing a helmet is highly encouraged for every type of skier or snowboarder. Use sunscreen even when you don’t think you need it. It’s easy to get dehydrated on the mountain so make sure you drink enough water.