Sundance Ski Resort has a teaching system based on what they call “Home Base.” 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.

“Stack Frame” movement describes how the snowboarder should look on the board and is an element of the home base.

For Snowboarding, the correct posture is to have a stacked frame with the shoulders above the hips for optimum balance.

A light “duck-foot” stance, about shoulder-width apart is most effective for most overall boarding.

“Fall Line” is the direction the skis or snowboard naturally would like to follow. It could also be explained as the steepest part of the slope or the path a basketball would take if released on the slope.

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 while snowboarding, your feet don’t feel secure with the board. In most cases it is because the screws on the bindings are loose.

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.