

# BEGINNER INFORMATION

FIRST TIME ON THE SLOPES AND LOOKING FOR MORE INFORMATION? LISTED BELOW ARE A FEW TIPS, TRICKS, AND WORDS OF ADVICE TO HELP YOU PREPARE FOR YOUR FIRST TIME SKIING OR SNOWBOARDING!

## CLOTHING

- **Warm, Dry Layers:** While it might be cold outside, it is easy to work up a sweat. By dressing in warm layers, it will help regulate your body's temperature.
- **Socks:** One thin pair is all you need. While everyone has heard the stigma that ski boots are cold, you only need one pair of socks because the boots are insulated. Wearing multiple pairs can cause the blood flow in your foot to be restricted causing your feet to actually feel colder.
  - **Pro Tip!** Ski and snowboard-specific socks are designed to be thin and smooth to prevent pressure points inside the boot.
- **Waterproof Snow Pants and Jacket:** Even on a sunny day, make sure to wear a waterproof jacket and snow pants. No one wants to think about it, but if you end up falling on your first day, you will want this waterproof layer to help keep you warm and dry.
  - **Pro Tip!** Don't wear only jeans on your first day, snowboarders end up sitting on the snow A LOT, and you will end up with a wet backside! Besides, wet jeans... need we say more?
- **Insulated Waterproof Gloves:** You will want these to help protect your hands from the snow you're sliding on as well as the wind. This layer will help you stay warm and dry.
  - **Pro tip!** Save the crochet gloves for another event; they will hold moisture and won't block the wind making for a less than ideal first day on the snow.
- **Helmet:** We strongly recommend (even require it in some of our lesson programs) that everyone wears a helmet. It will help protect your head in the event of a fall. They are insulated, too, so it will help keep your head and ears warm.
  - **Pro tip!** Make sure to purchase or rent a Snowsports-specific helmet. Bike helmets and helmets made for other sports are generally not insulated or rated for use when skiing or snowboarding.
- **Goggles/Sunglasses:** Either of these pieces will help protect your eyes from the wind, snow, and sun when you are skiing or snowboarding. Even on an overcast day, it can still be pretty bright on the hill from the sunlight reflecting off of the snow.





# EQUIPMENT

**While your outerwear is very important, so is the equipment that you will be using your first time sliding on snow. We offer a full rental shop with skis and snowboards. If it is your first time skiing or snowboarding, take a look at our beginner special package that includes a lesson, rental, and beginner area lift ticket.**

## **When coming out for your first time, please remember...**

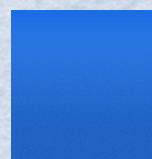
- Ski and snowboard boots fit differently than your street shoes: A good fitting boot should feel like a firm handshake around your foot and not too overly tight or sloppy.
- When putting on your ski boots, remember that there is a left and right boot and that the buckles always face outward.
- Don't stuff your snow pants, jeans, or anything else into the cuff of your boot; this will cause pressure points that will not be comfortable as the day moves on.
- Don't borrow your friends/cousins/uncle's/ equipment! Ski bindings are adjusted to the individual boot, height, and weight.







# SAFETY



**While it might be something that not everyone thinks about, skiing and snowboarding have rules of the road as well as trail ratings, letting you know how difficult each resort trail is. Don't worry, if you take a lesson with one of our trained professional instructors, they will explain all of this as well as give you some great pointers along the way!**

## **Your Responsibility Code:**

1. Always stay in **control**. You must be able to **stop** or **avoid** people or objects.
2. People ahead or downhill of you have the **right-of-way**. You **must** avoid them.
3. Stop only where you are visible from above, and **do not restrict traffic**.
4. Look uphill and **avoid others** before starting downhill or entering a trail.
5. You must **prevent** runaway equipment.
6. Read and **obey** all signs, warnings, and hazard markings.
7. Keep **off** closed trails and **out** of closed areas.
8. You must know how and be able to **load, ride, and unload lifts** safely. If you need assistance, ask the lift attendant.
9. Do not use lifts or terrain when **impaired** by alcohol or drugs.
10. If you are involved in a collision or incident, **share your contact information** with each other and a ski area employee.
11. Winter sports involve risk of serious injury or death. Your **knowledge, decisions, and actions** contribute to your safety and that of others. If you need help understanding the Code, please ask any ski area employee.