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Process Instructions: How to Ski for Dummies

The question you may ask, why would some ever look at a mountain covered in snow, and think to themselves, “You know what would be fun? Going down that mountain on nothing but some small pieces of wood... maybe some sticks to make me go faster, then pray I don't die in the process.” Now I'm not sure if that's how skiing was really discovered, but it has to be pretty close. On a more serious note, skiing can be a lot of fun, but there are rules and guidelines that people should follow in order to be kept safe. People who have been skiing already know these rules. I unfortunately did not, and therefore had to learn the hard way. **If somebody is a skiing newcomer like I was, I won't be able to make them a pro, but at least I can get them off the bunny slopes in easy steps.**

The first step is making sure all of your gear is on correct, and the right size can affect the skiing experience. You may think, “It's very cold I should layer up.” While, yes, you would be correct in normal conditions, this will do no good for you on the slopes. The bib you should wear will keep you warm enough. Plus skiing is a sport, so there's going to be sweat! Also when I say bib, I'm not talking about a baby bib, but a ski bib that keeps the snow off the skiers. Next thing to tackle is the ski boots. Now I highly recommend getting a half size up on your boots, because with thick socks on there will no extra room. My first day I got my size and couldn't feel my toes up to my mid-calf, which is straight up not a good time. I just ended up on the side of the mountain with my boots off while everyone else was having fun. People like to be able to feel

their ligaments, so you should get the half size up. After putting only one of the boots on, you should take the other one to the counter. The counter workers are going to get the right size ski for you. I suggest you ask if they can grease the skis or else you could end up like my sister. Her skis had not been greased. When she had finally reached the top and was ready to go down, she just stayed there. No matter what this girl did, she remained motionless. She eventually took them off and had to walk down the slope, which is no fun. Now you should grab your skis and poles and then head to those bunny slopes. The last part of getting on the gear is putting on the skis themselves. You should put the skis perpendicular to the slope and put the foot that is downhill in first. I cannot stress this enough: if you mess this up, either you will struggle for a long time putting on the other on, or the ski could go rogue while putting on the other ski and going down the slope itself. Yes, it's happened to me, and it's not fun to ski down on one ski, trying to get the other one back on, even though people around will find it amusing. Once skis are on, you will look like a pro skier, but in fact you are far from it. Now it's time to get on those tricky ski lifts.

Getting on and off the ski lift can be harder than it looks, but with simple instructions, you can slide in and out of the lift like butter on toast. The ride itself is very peaceful and a nice break, unless you are like me and don't like heights. (Getting over a fear of heights is someone else's paper to write.) Getting on the lift is fairly easy: you just ski up to the marker and bend your legs. If you don't bend your legs, the lift will tackle you down like an NFL player. If the getting on is a win, then enjoy the ride and the view. A small note to mention is to make sure that you hold onto your belongings because there is no finding them later on. When coming to the end, ask the operators to slow down the lift. This will give more time to get in the right position and get off the lift safely. It's important to follow these next steps because if you mess them up,

the lift's next seat will come up and hit you. Lean forward and tilt the skies to the sky, and then getting closer to the end of the lift ride, use the pole on the ground to push off of the lift. It will take a couple tries to get it done perfectly. It took me falling and crashing all day to finally get it down, but it can be done.

Now it's onto the fun part; skiing itself is quite simple when broken down into rudimentary steps. Step one is getting to the bunny slope; that is where all the newcomers go. I'll say that there's going to be little kids that are already professionals at skiing and can ski circles around you. You shouldn't be discouraged by this; you will get there. The first trick is keeping your feet in what's called a "Pizza Wedge". This is to keep you from going down the slope fast and slow things down a bit. A side note to mention is that this move will do nothing for you on the big slopes; it is just for the bunny slope and learning only. The poles given are only for going faster! They should not be used to stop. You will hurt yourself or someone else. A lot of skiers don't use or need the poles. The next goal is to go down the slope slow and easy for the first time. Now a mistake my sister made is that you do not go down the mountain in a straight line. My sister went straight down the slope, and physics reared its ugly head. She went zooming down, which looked cool for a second until she lost it and did somersaults for the rest of the trip down. To avoid looking like a human drying machine, go down the slope in an S turn. Start out doing slow and big S turns on the bunny slopes. On the mountain, do as big or as small of S turns as you want. While doing the S turn, put weight on the inner leg and relax the other foot. When starting out, I found that picking up the outer foot helps get the feeling of putting all the weight on the inner leg. I looked ridiculous, but it helped me out in the end. Now, ride out the turn and keep the skies parallel to each other following the S turn. That way, when you start to slow down, it's time to turn the other way and remember to put all that weight on the inner leg. If you

are too perpendicular to the mountain, you will stop or slow down, which also can be helpful when starting out. Rise and repeat the S turns until the end is reached. You should go at a pace that you are comfortable with, but once you get it down, it is time for the bigger slope.

Knowing these things won't make you an Olympian to skiing; however, this is enough to get you off the bunny slopes and be able to have fun. I wish I did my research before I went skiing and maybe would have had more time to have fun. Once all the steps are met, it's time to hit those slopes -- literally in some cases!