



TIPS

At last, the ski season has arrived and it's time to inspect and tune your equipment. Unfortunately, that's only part of the equation. Your body and the other participants on the slope are major parts of this equation.

The sport of skiing is an intricate balance of skier and equipment working with a variety of environmental conditions, and other skiers or snow boarders enjoying the ski slope.

This means maintaining a balance with nature and continuously being aware of your surroundings.

We who participate as ski patrollers at the Victor Constant Ski Slope are very fortunate compared to our counterparts at other ski areas. Most of our patrons are physically fit and demonstrate a willingness to work in unison. This formula reduces the chance of serious injury and promotes "Trail Courtesy". The latter is important as we all have to ski together.

Here are some simple things that should be considered to ensure an enjoyable skiing experience:

- 1. Is my equipment up to date and in good working order?*
 - a. Your ski equipment has adjustment for your

release mechanisms. As we change in height and weight we should have a trained ski mechanic adjust them properly for release in the event of a fall or excessive tension on our joints and bone structures. This can be performed at our slope or any ski shop for little or no cost.

2. Am I physically able to participate without injury to myself or others?

b. Always make sure your muscles are stretched and limber. This will enable your body to recover quicker while in a difficult or tricky maneuver.

3. Do I have the proper clothing or enough to protect me from the elements?

c. You can always remove clothing if you have it, you can never overdress when it comes to Mother Nature.

4. Once at the ski slope, what slope should I ski on?

d. You should always ski at your level of skill or comfort. If you're having difficulty in managing the slope find a patroller or ask someone to find you one. They will assist you in your skiing or if you are unable to negotiate the terrain, they are able to get you down in other evacuation equipment (i.e. Toboggan or snow mobile).

5. Do I know how to use the lift equipment?

e. Lift operators are there to assist you in "loading" and "unloading".

If you have never used lift equipment or unfamiliar with the process, don't rush.

Ask the lift attendant and they will advise or assist you, by slowing or stopping the lift, enabling children or unfamiliar adults to get on the lift at a safe rate of access.

This can be performed at the lower lift house and at the upper lift house off ramp.

Our slope is equipped with "hard line" communication and radios.

This enables the lower lift attendant to

communicate to the upper lift attendant informing them as to which chair may need slowing or assistance to unload. (All chairs are numbered for identification).

6. Are you able to ski the terrain?

- f. Each ski area posts a trail map or provides a printed brochure.

The Victor Constant Ski Slope, provides location of main office, ski lodge, trails and their ability ratings, ski lifts, lesson information and other points of interest that may assist you on your outing. There is also a board posted at the bottom of the slope which will provide location and rating of the slopes and trails and on site buildings.

7. Can you ski the existing conditions?

- g. East coast skiing can vary from one extreme to another, deep powder, hard packed, ice or rocks. Conditions at the ski slope are posted on the USMA MWR web site and updated each day, on our telephone information line, and posted at the lower lift house and the upper patrol "Bump House".

This information will include type of snow, open trails and temperature.

If you should get cold from the ride up the chair by all means stop in the patrol shed and warm up.

- h. At any time slopes can become crowded.

Ask yourself if you can ski the slope without injury to yourself or others enjoying the slope.

If you have concerns about crowding, wait till you are comfortable with the condition before you continue your descent.

Try not to ski alone. The "Buddy System" is best. Remember to take some time out to regroup. Skiing is a demanding sport, making it wise to hydrate frequently and maintain

carbohydrate levels. Like our ski equipment our ski skills get rusty too. Take a lesson every year, equipment and styles change. Keep up with these changes to maximize your skiing experience.

If you are taking medication that may make you drowsy, don't ski. You may not only injure yourself, you may injure someone else. Should an accident occur be sure to inform the patroller caring for you what medications you may be taking. This is pertinent to the care that you will receive.

While skiing remember to anticipate that other skiers may not be able to see you. For instance, snow boarders have a predominant foot, this means they are unable to look over their forward shoulder. As a rule, the downhill skier always has the "right of way".

New York State has rules and regulations for skiing. A complete list of these rules are posted on the left hand side of the lower lift house entrance. Take some time and familiarize yourself with these rules and pass them on to the younger members of your family and group. These rules are also available on the New York State web site at <http://www.skiandrideny.com/article18.html>.

Although skiing is a sport with inherent dangers, maintaining your equipment in good working order, keeping fit, exercising good judgment and promoting trail courtesy will insure a beneficial skiing experience for you and your fellow skiers.

Provided by: West Point Ski Patrol