

Safety, Health & Fitness—

Add to your Work Out Cooling Down

Cooling down after a work out is important to prevent injuries. While cooling down, you can add a little more general body & core strength to the workout by alternating different exercises. Move from one exercise to the next without resting to continue the aerobic benefits.

- Sit Downs—

Work by starting in a sit up position and doing a reverse crunch or sit down. Do 2 sets of 10-20 repetitions.

- Calf Raises—

Calf raises work all lower leg muscles. Raise up slowly, hold for 2 seconds, and lower slowly. Try for 2 sets of 10-20 repetitions.

- Push-Ups—

Push-ups improve the strength of the chest muscles and shoulder stabilizers. Do one set of push-ups in each of three different hand positions: hands narrow [thumbs touching], hands shoulder width and wide. When starting out try doing them in a kneeling position or against a table making the resistance a little less. Do 2-3 sets of 10-15 repetitions.

- Hip Bridges—

Lying on your back with knees bent to 90 degrees, bridge hips up in the air and hold for 4 seconds. Do 2-3 sets of 10-15 repetitions. When your core strength improves add a 1/4 twist at the top.

Backcountry Safety—

Here are some key safety tips for riding in the backcountry.

- Most avalanches start on slopes that are 30° or greater.
- Avalanche danger is greatest during and shortly after intensive snow falls [one inch or more of snow fall per hour].
- Stay off leeward slopes during periods of strong winds where blowing snow can create the same unsafe conditions as intensive snow fall.
- Cold weather followed by a sudden warming trend [or rain on the snow pack] can be a dangerous time in the mountains.
- Trees spaced more than 3 yards apart do NOT provide any more protection than open slopes.
- Use ridge lines, heavy tightly-spaced trees, windward sides or low angle slopes [less than 30°] to minimize your exposure.
- When crossing suspected avalanche slopes, do so one person at a time. But remember that just because one or more individuals have crossed a slope does not mean that the slope is safe.
- Stay out of gullies. They are natural pathways for avalanches and often fill deeply with snow when an avalanche occurs.
- Check the avalanche forecast before leaving for the backcountry.
- Never travel the backcountry alone. It's best to go with two or three buddies.
- Always carry emergency avalanche equipment— transceiver, portable shovels, probe poles-and for a hasty snow pit: hand lens, pencil, knife, and compass with inclinometer. At the beginning of each winter season practice with your transceiver. Know how to use it before you need to use it.