

Safety, Health & Fitness—

Bollé Helmet Offer—

NSCF Member Benefit

NSCF member ski clubs can take advantage of a major discount in the cost of Bollé Helmets. NSCF members receive helmets and goggles at up to 40% savings off retail.

Bollé is launching a new ski helmet. This state-of-the-art helmet exceeds safety and performance standards.

Individual club members can check www.bollehelmets.com or www.skifederation.org [username skigroup, password 24councils]. Be sure to mention membership in the National Ski Council Federation for the discount.

Car Jack Safety—

Be aware of new car-jacking scheme being used at local shopping malls. You walk to your car, unlock the door, get inside, lock all your doors, start the engine, and shift into reverse. Then you look back and you notice a piece of paper in the middle of the rear window.

So, you shift into park, unlock your doors and jump out to remove the paper. When you reach the back of your car, that is when the car-jackers appear out of nowhere, jump into your car and take off!

Your engine was running, (ladies would have their purse in the car) and they practically mow you down as they speed off. These people now have your car, home address and your keys!

The police advise you to just drive away and remove the paper later.

In Case of an Accident—

Many people do not know what to do [or not do] in the case of a skiing accident. Here's the short list.

- Do not remove the injured person's skis or snowboard.
- Do not move the injured person unless you are trained to do so.
- Cross your own skis uphill from the incident.
- Send someone to the nearest lift or open building to report the location, type of injury and description of the injured skier.

Know the Code—

Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce.

- Always stay in control.
- People ahead of you have the right of way.
- Stop in a safe place for you and others.
- Whenever starting downhill or merging, look uphill & yield.
- Use devices to help prevent runaway equipment.
- Observe signs and warnings, and keep off closed trails.
- Know how to use the lifts safely.

Backcountry Ski Safety for Intermediate Skiers—

By Lockie Brown, backcountrywintervacations.com

Backcountry skiing offers vast expanses of soft, consistent powder snow in remote and spectacular high-mountain settings. Often considered the domain of hardy and self-reliant ski touring enthusiasts, backcountry skiing is now easily accessible to intermediate-level snowcat skiers.

Snowcat skiing is typically much more affordable than helicopter skiing and can be more adaptable to skier ability. Also, it requires no special equipment or backcountry experience. However, good physical fitness is desirable, especially in skiers with little powder snow experience.

Guides are expert in finding “lines” for skiers of differing ability. Better skiers might enjoy some “steeps” or “pop” off bumps while others in the group are guided on a more “mellow” line. Everyone has ample opportunity to challenge themselves. g

Take a Lesson

By Eileen Tschernenko, Auslich Ski Club

Eileen and her husband Stan are currently working as part-time Ski Pros at Aspen / Snowmass. Whether or not you are planning a trip to Aspen / Snowmass with Pac Rim, here's some insider information. Ski lessons can contribute toward making you a safer skier.

I'm sure you have heard that Buttermilk is the easiest, Snowmass the biggest and most versatile, Aspen the bumpiest, and Highlands the steepest. This affects lessons offered. Beginner-Novice lessons are only offered at Snowmass and Buttermilk. Only lessons level 5 and above are offered at Aspen and Aspen Highlands.

Small Group Lessons—

Classes are called “Small Group Lessons” for a reason— that means 3 to 4 people in a class. Those 3 to 4 people will be at the same ability level. Of course the option of private lessons is available and you can have up to 5 in a private lesson.

At all levels, show up for a lesson the next day and the same Ski Pro will teach you so you can start right where you left off.

This next item is awesome but seldom happens. Should you pair up with some folks you know for a ski class (remember same ability) and the whole class wants to ski Highlands the next day, your Ski Pro from Snowmass can join you there for the next day's lesson. Yes, you can form a group lesson with your desired group but if there is a split in ability, the Ski Pro will have to select terrain suitable to the most struggling member.

The Best Deal Around—

Beginning Level 1 classes through Intermediate Level 4 classes offer a package deal of lesson, lift ticket and equipment (short skis of 120cm-140cm). A one-day lesson costs \$125 with \$99 unlimited extensions. Aspen-Snowmass really wants you to be a skier! The new short skis make skiing so much easier. Last year I watched an 80-year-old learn how to ski!!!

Beginners—

Anyone you know who has ever thought about learning how to ski should be go to Aspen! The Ski Pros teach a “direct to parallel” method— that means NO WEDGE. Teaching is terrain-based, meaning easy terrain and keeping each guest within a comfort level to promote learning.

At Snowmass, there are three teaching areas to use for the gradual progression to the first Green run off the Fanny Hill Chair. The commitment to quality teaching is best demonstrated by a story: I had a class of three and one person just wasn't getting it. The coordinator was right there to get another Ski Pro to go one-on-one with that person to make sure they became a skier and I could insure my other two guests were not held back.

For the Haven't Skied in Years—

The same terrain-based teaching principles are used to re-introduce you to skiing or develop your new skills within your comfort zone. Of course, most people who have skied before will have a wedge and the Ski Pros work with it.

For the Intermediate Skier—

If you are looking for that break-through, take advantage of the wide open runs to relax and improve. For skiing adventure but not including double black runs there's the blue run called “Rocky Mountain High” down from the long ride on the Cirque Poma at Snowmass. The High Mountain traverse from the Poma is awesome IF you follow the turn off at the markers to High Alpine to avoid the double black runs of Hanging Valley.

For the Expert Skier—

You may want to consider a Ski Pro to tour you into the Cirque, Hanging Valley and/or Burnt Mountain at Snowmass or Highlands Bowl (hiking required) so you can find the best snow on the first go-round. The Ski Pro will know if you are ready.

Enjoy the Power of Four—

All of the mountains offer restaurants and cafeteria style eating, all with great food.

If Aspen Mountain seems like it will be a struggle for you, plan to take the gondola down at the end of the day so you can still enjoy runs like Dipsy-Doodle, the views towards Highlands Bowl, and maybe spotting a star or two.

Aspen Highlands is enjoyed by many green-groom skiers although you'll most likely repeat runs. If you can ski blue runs, go to the top for the view. Cruisers, steeps, off-piste— Aspen Highlands has it all.

And don't forget snow cat skiing is offered on the back of Aspen.