

Tips for a Safe Ski Week

Ski with Pride • Let it Ride • Watch all Sides

Respect Altitude.

Drink tons of water. Avoid alcohol and caffeine for the first few days.

Wear Sunscreen —
your first day and every day?

Dress in Layers.

Dress so you can add or take off clothing as the weather changes. You can always store the extra items in a locker or a backpack. Remember most of your body heat escapes through your head, so wear a hat/helmet if you feel cold.



Buy or Rent a Helmet.

Today's helmets are warm, lightweight and ventilated. Aspen recommends everyone wear a helmet.

FREE Mountain Tours.

Join an ambassador at 10:30 AM or 1:30 PM for a tour.

Bring along a Trail Map.

The mountains are huge and you will enjoy them so much more if you know where you are going.

Take a lesson.

If you're new to the sport or need a refresher, take a lesson from the Ski & Snowboard Schools of Aspen. Do it your first day. You'll be tuned up for the rest of your stay and a pro can show you the best runs and powder stashes.



David Bayer / Aspen

Go out on a Powder Day.

There is no comparable experience. If you can't ski powder, take a lesson. Small group lessons can be tailored to power, or any other conditions for that matter.

Get "Out-of-Bounds."

Call Aspen Expeditions on Aspen Mountain, Aspen Highlands or Snowmass at 970-925-7625.

Ready to take the plunge?

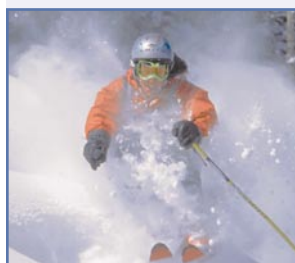
Need help dropping in? Call Ski & Snowboard Schools of Aspen, ask about Off-Piste Adventures at 970-923-1227.

Rip a Terrain Park.

Find out why the kids are spending all their time in them.

Skiing the Trees.

If you're new to tree skiing, take a lesson. Practice on gentle slopes with widely spaced trees. You should get the feel after a couple of runs. Look at the open spaces rather than the trees.



Know the Code.

Safety on the mountain is an important part of enjoying 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 and yield.
- Use devices to help prevent runaway equipment.
- Observe signs and warnings, and keep off closed trails.
- Know how to use the lifts safely.