

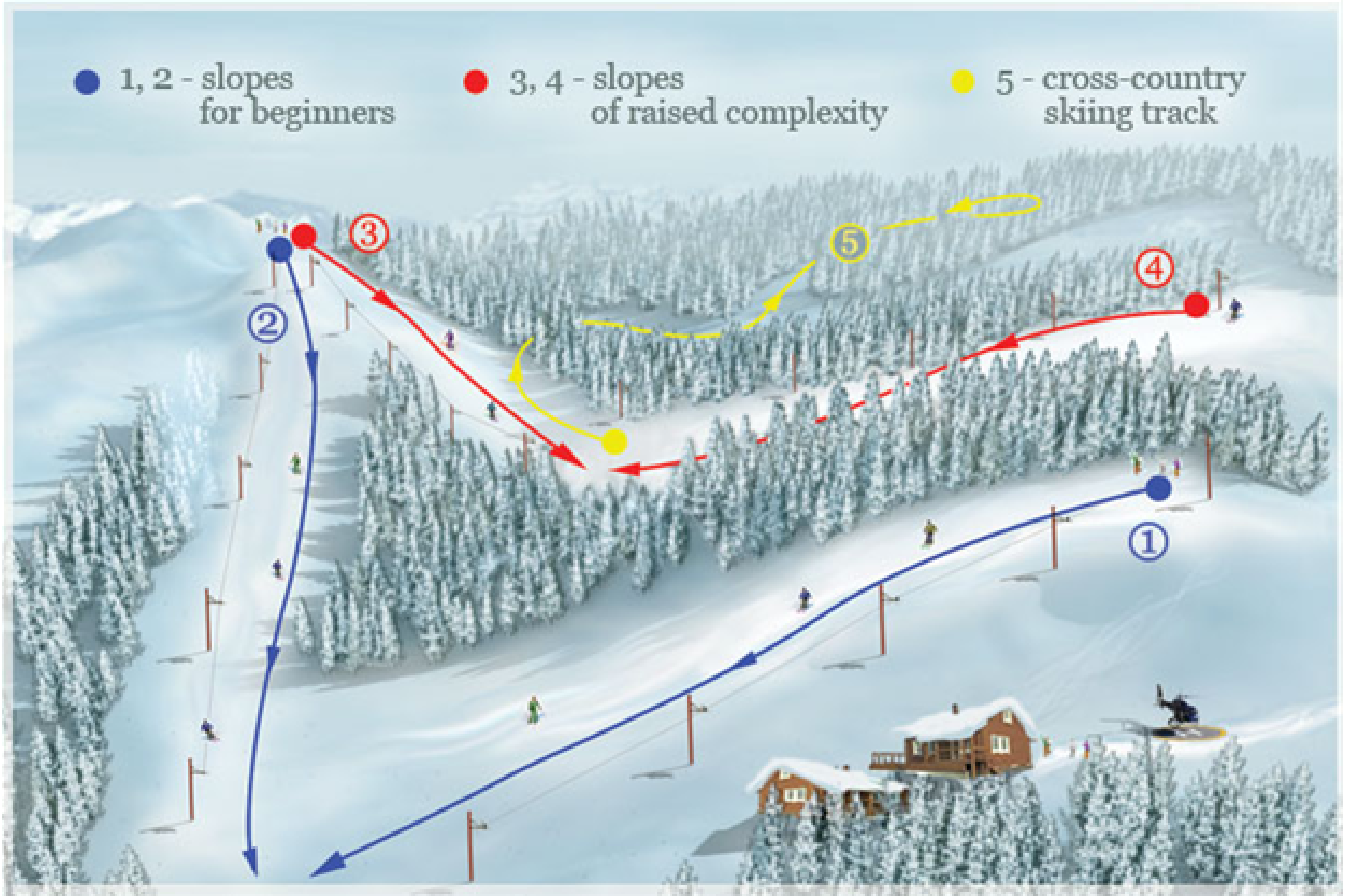
# skiing visual dictionary

# slopes

● 1, 2 - slopes for beginners

● 3, 4 - slopes of raised complexity

● 5 - cross-country skiing track



# ***cableway***



# *chair lift*



# *skilift*



# *skipass*



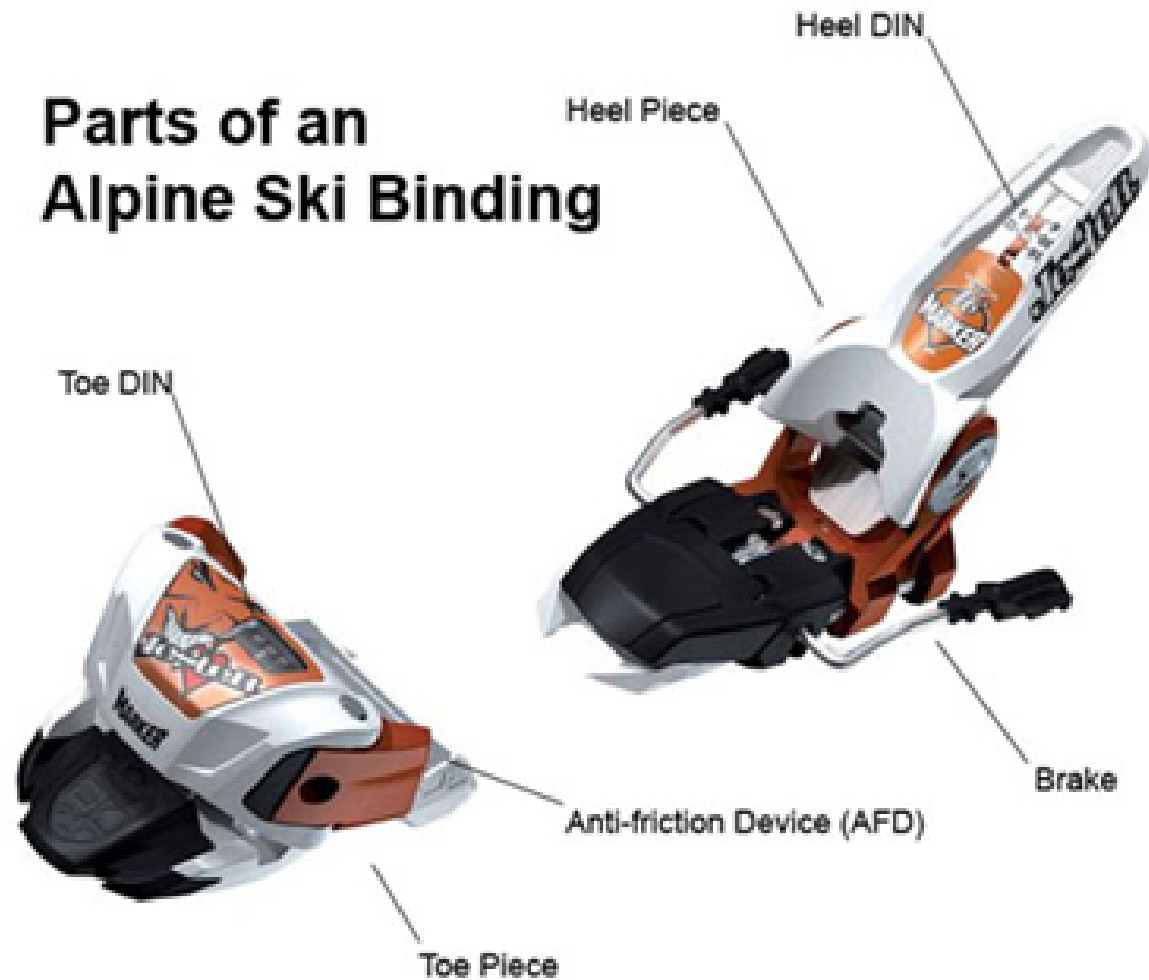
# what is a *ski* ?

It's a long board with foot bindings that is designed for gliding over a snow-covered surface. It is usually made of wood or composite fibers.



# *bindings*

## Parts of an Alpine Ski Binding

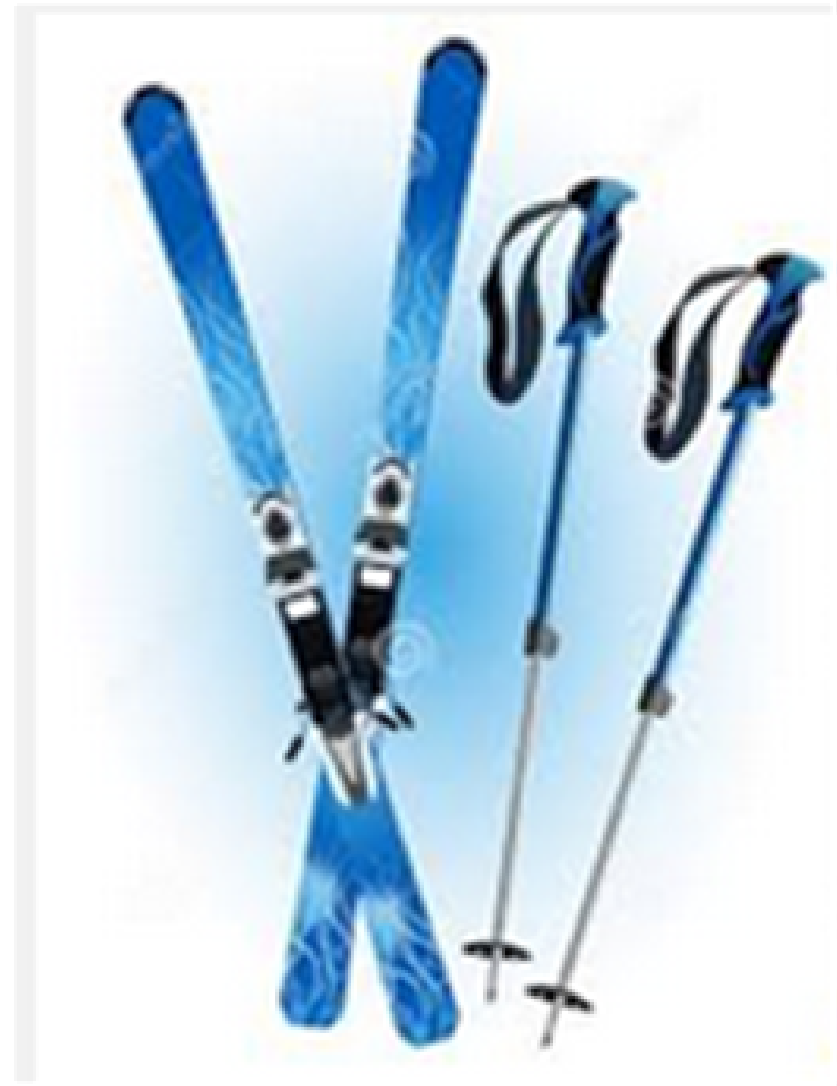




# *ski boots*



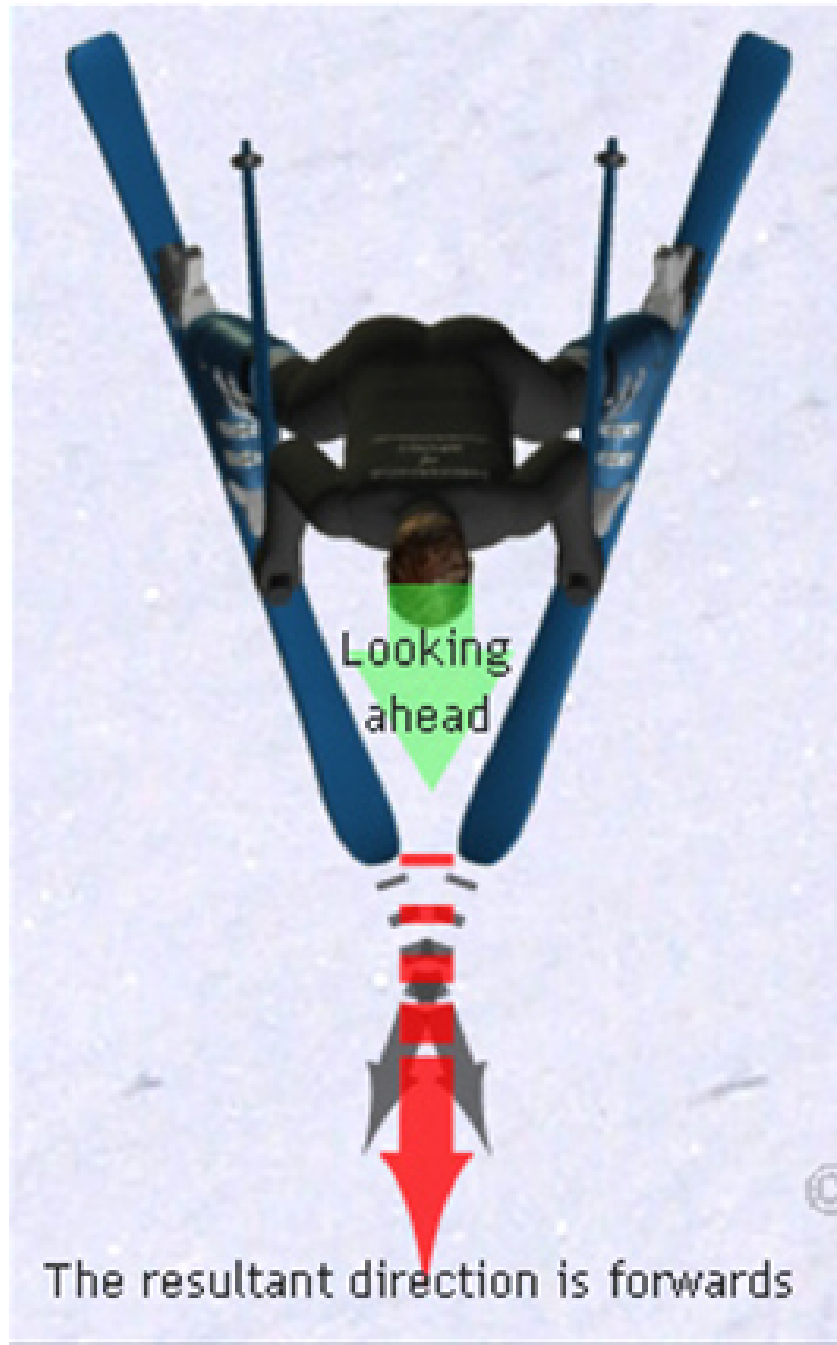
# *ski poles*



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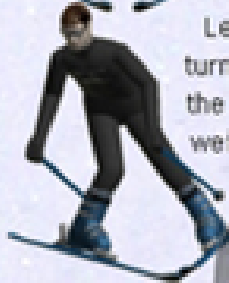
# **skiing: the snowplough turn** **(or wedge turn)**







Snowplough down the fall line, with your weight over the front of the ski boots, evenly distributed between the skis



Lean to the outside of the turn putting your weight over the outside ski, keeping your weight over the front of the ski boots



Keep your weight over the downhill ski as you come across the slope



To initiate a new turn, lean forwards slightly and start bringing your weight evenly onto both skis



Keep your weight evenly over both skis until you have turned into the fall line



Throughout snowplough turns your weight should be over the front of the ski boots, coming slightly further forwards when you lean forwards to initiate a new turn. When one ski is ahead of the other ski, it is the ski with the most weight on it that your weight should be over the front of.

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Traverse back across the slope with your weight over the downhill ski, and over the front of the ski boots



Once in the fall line, lean to the outside of the turn to turn back across the slope



*well... HAVE FUN!*

