



Freestyle parks have changed the way mountains are built and maintained. Here are some of the basics you can expect when rolling into a park.

Freestyle Terrain is becoming more popular at resorts and proper use is important. The National Ski Areas Association and Burton Snowboards have developed the “Smart Style” Freestyle Terrain Safety initiative, a cooperative effort to continue the proper use and progression of freestyle terrain at mountain resorts, while also delivering a unified message that is clear, concise, and effective.

Freestyle Terrain may contain jumps, hits, ramps, banks, fun boxes, jibs, rails, half pipes, quarter pipes, snowcross, bump terrain and other constructed or natural terrain features. PRIOR to using Freestyle Terrain, you are responsible for familiarizing yourself with Freestyle Terrain and obeying all instructions, warnings and signs. Freestyle skills require maintaining control on the ground, and in the air.

### Tips to Keep in Mind Prior to Hitting the Slopes

- Get in shape. Don't try to ski yourself into shape. You'll enjoy skiing more if you're physically fit.
- Obtain proper equipment. Be sure to have your ski or snowboard bindings adjusted correctly at a local ski shop. You can rent good ski or snowboarding equipment at resorts.
- When buying skiwear, look for fabric that is water and wind-resistant. Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and drawstrings that can be adjusted for comfort and keep wind out. Be sure to buy quality clothing and products.
- Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, dress in polypropylene underwear (top and bottoms), which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Wear a turtleneck, sweater and jacket.
- Be prepared. Mother Nature has a mind of her own. Bring a headband or hat with you to the slopes, 60 percent of heat-loss is through the head. Wear gloves or mittens (mittens are usually better for those susceptible to cold hands).
- Wear sun protection. The sun reflects off the snow and is stronger than you think, even on cloudy days!
- Always wear eye protection. Have sunglasses and goggles with you. Skiing and snowboarding are a lot more fun when you can see.

### Tips to Keep in Mind While on the Slopes

- Take a lesson. Like anything, you'll improve the most when you receive some guidance. The best way to become a good skier or snowboarder is to take a lesson from a qualified instructor.
- The key to successful skiing/snowboarding is control. To have it, you must be aware of your technique, the terrain and the skiers/snowboarders around you. Be aware of the snow conditions and how they can change. As conditions turn firm, the skiing gets hard and fast. Begin a run slowly.
- Skiing and snowboarding require a mental and physical presence.
- If you find yourself on a slope that exceeds your ability level, always leave your skis/snowboard on and side step down the slope.
- The all-important warm-up run prepares you mentally and physically for the day ahead.
- Drink plenty of water. Be careful not to become dehydrated.
- Curb alcohol consumption. Skiing and snowboarding do not mix well with alcohol or drugs.
- Know your limits. Learn to ski and snowboard smoothly-and in control. Stop before you become fatigued and, most of all have fun.
- If you're tired, stop skiing. In this day and age of multi-passenger gondolas and high-speed chairlifts, you can get a lot more time on the slopes compared to the days of the past when guests were limited to fixed grip chairlifts.
- Follow the "Your Responsibility Code," the seven safety rules of the slopes:

## Your Responsibility Code

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country and other specialized ski equipment, such as that used by disabled or other skiers. 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. Observe the code listed below and share with other skiers the responsibility for a great skiing experience.

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

### **KNOW THE CODE. IT'S YOUR RESPONSIBILITY.**

This is a partial list. Be safety conscious.  
Officially endorsed by: NATIONAL SKI AREAS ASSOCIATION.

*Prepared by the National Ski Areas Association*

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