

Park Safety and Etiquette

Clinic Outline:

While certified instructors should have gone through this information (and been tested on it) for exams, it is a good refresher and a good example for others.

Safety

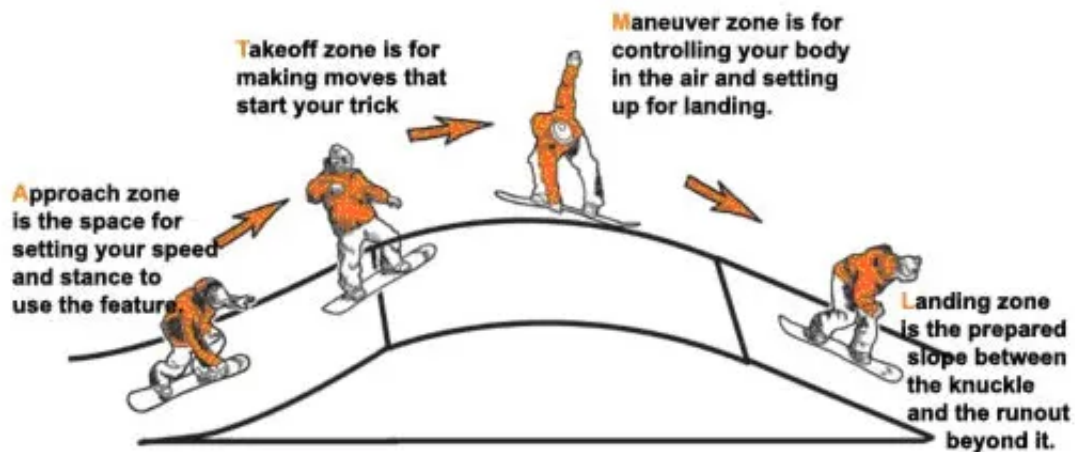
The terrain park is a fun place to go! With bumps, jumps, boxes and rails, the park provides a new challenge for many skiers and boarders. That fun can come at a price if safety guidelines are not followed. We are requiring all instructors attend a safety and etiquette clinic before bringing your classes into the park. Once the clinic is completed, a sticker will be handed out for your helmet indicating that you have been properly trained to take students through the freestyle park and onto features. The goal is to inform for a safer and more knowledgeable on the hill experience. Here are the key points:

Park users will use the “SMART” method for safety and etiquette:

- a. **S**tart Small. Work. Your way up. Build your skills.
- b. **M**ake a plan. Every Feature, Every Time.
- c. **A**lways Look before you drop. Carefully check for dangers (other people).
- d. **R**espect gets Respect. So, we respect the features and other users.
- e. **T**ake it Easy – Know your limits. Land on your feet.

SMART Style Broken Down:

- a. **S**tart Small: Just like we don't ride or ski above our level. Examples:
 1. Beginners don't jump on black diamonds before mastering green circles.
 2. We don't attack a rail freestyle feature before mastering a box freestyle feature.“Start small – But dream big.”
- b. **M**ake a plan: “Break down the trick into smaller skills that link up to meet the standards. Work on understanding the fundamentals, body movements, board/ski performance, and how they relate to each other.” Planning involves more than just knowing what trick we want to accomplish; we want to make sure we run through ASTM before all features and or all lines.
 1. **A**pproach Zone: the space for setting your speed and stance to use the feature.
 2. **S**etup Zone: the positioning of the body that results in the trick.
 3. **T**akeoff Zone: is for making moves that start your trick.
 4. **M**aneuver Zone: is for controlling your body in the air and setting up for landing.
 5. **L**anding Zone: the prepared slope between the knuckle and the runout below it.



- c. **Always Look Before You Drop:** The first time you go through a park on any given day, you are doing inspection, without hitting any features, to ensure that you understand the features, their size, their makeup, and their dangers. The park's conditions change throughout the day, and certainly from day to day.
- d. **Respect gets Respect:** In addition to respecting safety, we want to include some etiquette. We respect the features, other users, AND, we respect the process.
 1. Most parks will have a line of people waiting to use the park. When you arrive at the top of the park, STOP! Look around. Make sure you are not cutting the line. A properly designed park is one where your best speed through the park is from a stop at the sign. So, don't just go blasting through it.
 2. Call your drop! When you think it is your turn, make sure by calling out, "Dropping!" and make a BIG "O" above your head for "OK". This lets others at the top of the park know you're going and people at the bottom can see your "O" and know you're coming. We don't want two people going at the same time and we want people below you to know to stay out of the way.
 3. Having someone part way down the park and on the side can ensure the invisible landing is clear of any other users, equipment, or obstacles.
 4. "The world of snow sports is not always easy, and that's okay. Sometimes we crash, and that's okay. We're learning. Sometimes the process of learning is messy and exhausting, and that's okay. Sometimes we fail at a maneuver, and that's okay. Failure highlights where we still have opportunities to grow as humans and snow sport enthusiasts."
- e. **Take it Easy (Easy Style It):** "While safety always comes first, this is where we safely take risks – we want to grow our limits and work hard to land on our feet. We will never succeed if we never try. Let's push our comfort zone.
 1. Show up with all of yourself.
 2. Be ready to learn.
 3. Work hard.
 4. Be willing to fail.
 5. It's always worth the effort.

Cards we will be handing out to all students:

Front

Back



PARKSMART

Start Small
Work your way up. Build your skills.

Make a Plan
Every feature. Every time.

Always Look
Before you drop.

Respect
The features and other users.

Take it Easy
Know your limits. Land on your feet.

Before Each Hit: **ASTML**

Approach Zone

Is the space for setting your speed and stance to use the feature.

Setup Zone

Is the positioning of the body that results in the trick.

Takeoff Zone

Is for making moves that start your trick.

Maneuver Zone

Is for controlling your body in the air and setting up for landing.

Landing Zone

The prepared slope between the knuckle and the runout below it.