

Ski



Z



Written & Illustrated by  
*Kimberley Kay*

Ski



British Library Cataloguing in Publication Data  
A catalogue record for this book is available from the British Library

**Ski A to Z**

Maidenhead: Meyer & Meyer Sport (UK) Ltd., 2022

9781782558811


All rights reserved, especially the right to copy and distribute, including translation rights. No part of this work may be reproduced—including by photocopy, microfilm or any other means—processed, stored electronically, copied or distributed in any form whatsoever without the written permission of the publisher.

© 2022 by Meyer & Meyer Sport (UK) Ltd.

All illustrations © Inspire by Kim

[www.inspirebykim.com](http://www.inspirebykim.com)

Aachen, Auckland, Beirut, Dubai, Högendorf, Hong Kong, Indianapolis, Cairo, Cape Town,  
Maidenhead, Manila, New Delhi, Singapore, Sydney, Tehran, Vienna

 Member of the World Sport Publishers' Association (WSPA), [www.w-s-p-a.org](http://www.w-s-p-a.org)

9781782558811 Email:

[info@m-m-sports.com](mailto:info@m-m-sports.com)

[www.thesportspublisher.com](http://www.thesportspublisher.com)

## Introduction

Skiing is an amazing, invigorating sport, but if you've never tried it, where do you start? "Will it be cold?" "What do I wear?" "How will I stop?" *Ski A to Z* tells all you need to know to get started skiing. An information foundation to complement ski instruction, this helpful guide, organised alphabetically, is like an all-knowing ski friend, imparting all the things people wish they had been told when they started skiing.

*Ski A to Z* provides tips and information to demystify skiing and to enhance enjoyment of the sport. This book will help you know what to expect so that you can be more prepared for the slopes. In this book trail, slope, run and piste are all used to refer to marked ski runs.

This book is dedicated to my wonderful parents for their enthusiasm, time and energy invested in our family's involvement in the world of skiing. Thank you to my wonderful husband Tim for his support throughout this project.

Whether you read cover to cover, dip in for definitions or use the book to answer your queries, *Ski A to Z* will give time-saving insights. Share your ski progress online using #SkiAtoZ. Get boots on, and grab skis and poles – the slopes await!

Have a wonderful time skiing.

*Kim*







## A is for Alpine Skiing

Descending a mountain on skis is a beloved sport.

Alpine skiers use skills and courage to face the challenge of coming down mountain slopes. What defines Alpine skiing is the use of a ski binding which fixes the boot at the toe and heel, unlike Nordic skiing where the heel is free.

Improvements in adaptive technology, ski lifts and resort facilities are making skiing more accessible.

Using the right ski equipment and learning with a qualified instructor at a resort with good beginner facilities is ideal for new skiers, forming the solid foundation for great Alpine skiing experiences.

See **Nordic**







## A is for Artificial

Artificial slopes provide the opportunity to ski year round and in locations where skiing isn't naturally possible.

Outdoor 'dry' ski slopes, made of brush, mat or carpet surfaces, are often on natural hillsides. The friction of the surfaces allows the beginner skier to try manoeuvres while gaining less momentum than they would on snow.

Dry slopes were the forerunner to indoor slopes where snow is made by cannons that spray water into a temperature-controlled room with a refrigerated slope. Indoor snow slopes are often inside a building which also has shops and entertainment.

Artificial slopes are accessed by drag or chairlifts. Equipment is available to hire, and there are lessons with qualified ski instructors. There may be opportunities for slalom, freestyle and sledding.



### Tips:

- Make the most of mountain time and learn key skills on an artificial slope beforehand.
- Even after mastering basic skills, use the venue to develop technique and get 'ski fit'.

### What to wear

- Outdoors: The surfaces can be abrasive, so cover arms, legs and hands.
- Indoors: Normal mountain ski wear, but base layers and goggles may not be necessary.

See **Chairlifts, Drag Lifts, Instruction, Kit and Preparation**











## A is for Altitude

**Altitude is the height above sea level and is measured in feet or metres.**

Signs and ski area maps show the altitude of mountain peaks and villages. As weather conditions can vary a great deal between valleys and summits, mountain forecasts reference the conditions at different altitudes. Altitude can affect the amount of oxygen in the blood, so exercising in the mountains can be more tiring.



### Tips:

- Increasing aerobic fitness will reduce the effects of altitude and increase the fun.
- When travelling with very young children, seek advice before visiting high altitudes.

## A is for Avalanche

**Avalanche is when snow breaks away on a slope and shifts downwards.**

Dedicated teams of experts work to minimise the risk of avalanche for the ski area. After heavy snowfall, lifts may open later so that trails can be checked and made safe. Noticeboards display daily avalanche risk ratings.



### Tips:

- If heading off marked slopes or into the backcountry, ideally go with a mountain guide and take a training course that teaches survival and rescue in the event of avalanche.
- Avalanche essentials are training, phone, transceivers, probe, shovel and air bag.
- Always have the local mountain rescue contact details to hand; these are on the ski area map.
- Buy kit that is fitted with avalanche reflectors; they are not a replacement for transceivers.

See **Mountain Guides** and **Off-Piste**.

### 'Avalanche' Translated

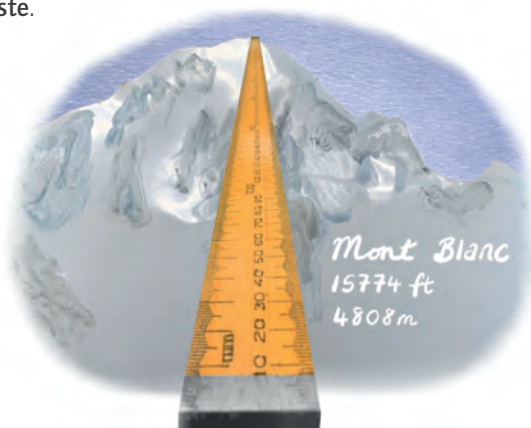
Avalanche – French

Avalancha – Spanish

Lawine – German

Lavin – Swedish

Valanga – Italian



AVALANCHE GEAR

