

Cadette Snow or Climbing Adventure

Skills Practice for Slope Sliding

- **Practice edging.** Stand on a flat surface with your bare feet. Shift your weight from your toes to your heels and from left to right. Do this for five minutes in each direction. This will give you the feel for edging on your snowboard or skis.
- **Practice your stance.** With your feet shoulder-width apart, slightly bend your knees, hold your arms up as if you were holding ski poles, and pretend you are skiing. For snowboarding, do the same thing, but turn your shoulders, facing the front of the board. Hold this stance, take a quick break, and then increase your time in the stance.
- **Practice getting up from falls.** As a beginning snowboarder or downhill skier, you'll probably fall quite a bit! Sit on the ground and push yourself back up like you would if you were on skis or a snowboard. Not sure how to get up from a fall? Look for a quick instructional video online.

Skills Practice for Outdoor Climbing

- **Practice your climbing technique.** Learn about and practice climbing techniques such as:
 - **Feet:** edging, smearing, heel hooking, toe hooking
 - **Hands:** open grip, pinch grips, palming, crimping, side pull
- **Learn how to belay.** Ask an expert rock climber to teach you how to belay. Always have an adult as your backup belayer. They will hold onto the rope that feeds from your belay device.
- **Practice, practice, practice!** Aim for two to three practice sessions on an artificial climbing wall to practice the skills in this list before your climbing day trip.

Know your knots

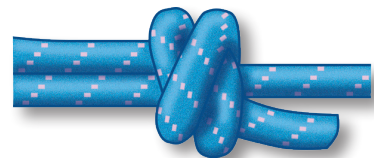
For outdoor climbing, watch a video that shows the knots used to tie the climbing rope to your harness. Then practice on a piece of rope.



figure eight knot



figure eight tie-in knot



barrel knot or double overhand backup knot