

## Junior Snow or Climbing Adventure

### Skills Practice for Slope Sliding

- Practice putting your gear on. On flat terrain with your boots on, practice putting on and taking off your skis/snowboard.
- Practice falling and getting back up. On flat terrain with your skis/snowboard on, practice falling over and getting yourself back up from the ground.
- Practice on the bunny hill. This is a slope with a gradual decline, great for beginners to practice on. As you come down the hill, practice turning left and right, slow yourself down, and come to a complete stop at the bottom.
- Take a spin on a run marked with a green circle. This is the easiest run; do this once you feel comfortable.
- Take a lesson. If you can, plan to take a ski/snowboard lesson when you arrive at the slopes. This will help teach you skills and give you the confidence to ride the slopes.