

67: Zen & the art of ripping up the slopes

suggested answers

1) Skiing in control means skiing slow enough to be able to stop effectively whenever you choose.

2) d. all of these

3) 1) steepness; 2) narrowness; 3) twistiness; 4) obstacles like trees or rocks

Skiing with poles tips pointing upwards behind the skier is dangerous because someone else coming from behind could get skewered or get poked in the eye.

teachers' notes

1) This worksheet is a companion to the previous worksheet, so the two answer sheets should be read in conjunction with each other.

2) The wipeout ski crew are very proud of the little parabolic curve chart on this worksheet. This is stuff that has to be taught on the slopes, but can be reinforced off the slopes.

Before students go skiing, it is probably enough for them to know that there are different techniques for going up and down, which are largely determined by the gradient. On gentle uphill, for example, as soon as a student's skis start to slip, they need to lift the lead ski off the snow each time they move forward, rather than just trying to keep gliding. If it gets steeper, they will probably need to "stomp" (an aggressive step where the lead ski slaps the snow) using pole plants to help prevent backwards slipping. Stomping is an under-rated technique. It takes less energy than herringboning, stresses the abductors and adductors less, and is much faster. When the snow is firm (as opposed to hard-packed or icy), it is not too difficult to stomp all the way to the summit of Mt Stirling.



Heading up to the summit of Mt Stirling ... Getting up is the easy part!