

Time to Hit the Slopes!



photos courtesy of King Pine Ski Resort.

Skiing and Snowboarding

by Emma Swift

One of the best things about the colder weather is being able to ski and snowboard! However, before you race down the trails, always make sure you are prepared and that your equipment fits you right. Many kids use equipment from older siblings or friends. Gear that is too big could be dangerous for you and make it hard to stay stable on the slopes.

Be sure that bindings and boots match your foot size. Many stores offer shoes designed with kids' feet in mind, and offer more flexibility than adult sized boots. Helmets and goggles are another necessity when skiing. Goggles can protect your eyes from snow, tree branches and sunlight. If you are new to the sport, it might be a good idea for you to use knee or elbow pads to protect you if you fall down. Also, many mountains and ski resorts offer ski and snowboard lessons, which might also be a good idea for novices and beginners.

When skiing, always make sure to stay with someone who knows the trails. If you aren't sure where to go when first starting, try the easier slopes and work your way up to the more difficult ones as you gain experience.

It is important to take care of yourself when skiing and snowboarding, but it is also good to be aware of your surroundings. You will be sharing the slopes and trails with other skiers and snowboarders, so pay attention to what's going on in your environment to ensure the safety of yourself and others!

