

Stevens Pass Snowsports School

THE WORD

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Happy Holidays!



You all are certainly the stars here!
We appreciate all of your hard work going beyond to make things happen this holiday season! Your passion and stoke is incredible to be a part of and we can't wait to see what next year brings!

Staying Safe: Metrics

Remember to prioritize Safety of Self! We are now at 341 days without and employee injury and 146 days injury free since the start of the 2021-22 season. While this is great news, it is worth mentioning that we've had a couple of close calls. Even though this is a busy time of year, don't forget to slow down and remember the STOP model as we work through decisions. Did you know... In the United States, approximately 341 people die every year due to bathtub related incidents. Who knew?

Can I ski backwards while teaching?



Skiing Backwards is to be used in specific situations only as described below and only after exhausting all other teaching techniques. Teaching in adult beginner areas that are serviced by carpets or where sidestepping uphill may be utilized.

- Ski backwards only after all other teaching options have been exhausted.
- Avoid skiing backwards if yard is congested.
- Teaching in children's yard areas.
- Utilize short teaching skis if available.
- Freestyle "switch" skiing in parks and only on green and blue terrain outside of parks.
- Adhere to all aspects of park etiquette.
- Switch skiing should not be utilized in congested areas, near intersections or blind spots.

See page two for further details!

Private Corner

Our private lessons now have a warming room with complimentary water, hot water, cocoa and coffee. Located in the PCL, Trailside room (adjacent to the PL Lobby). This area is for our use, with our guests, while in a lesson, from the hours of 9am to 11am and 130pm until 4pm. **Any questions please contact Ken Bailey.**

Quote of the week: Happy Holidays!

Training Evaluations

Did you attend training this season? We would love your feedback to improve our program and employee experience. Please provide us with the feedback to improve by filling out a quick [Training Evaluation Form](#).

KEY DATES:

- **December 24th**- Christmas Eve
- **December 25th**- Christmas Day!
- **January 1st**- Start of 2022



Week #2!

It is week two of our season and week one of our holiday push.

What is most important during this time?

Your health and safety.

It's always most important, but I bring it up now because as instructors, the data and history tells us we are more at risk early season.

We have all seen programs for getting "Ski & Ride fit." Many of us participate in them, myself included. Yet each year, no matter how strong and fit I am, I am amazed at the additional conditioning that can only be obtained through sliding on the snow; managing pressure and forces, balancing into the future, and controlling the center of mass over the base of support...through the line of action. (Wait what? If you need help decoding the last sentence no worries! We got you. Talk to your trainer about upcoming opportunities.)

Back to my point. There is a period of time required to acclimate to the rigors of the mountain environment, the physicality of skiing and riding, and the cognitive/emotional load of teaching. We will likely each feel more mentally tired and physically taxed now than later in the season. The result is we can see an increase in job related injuries for instructors - especially those new to instructing. Add to that the excitement of the season, the anxiety of doing a great job, and maybe the fear of getting hurt, and we experience a double whammy. When we are in a highly emotive state...tired, frustrated, scared, bored, and even excited...our body responds by narrowing our visual field, creating tension in our muscles, and all those other fight or flight responses. That makes it even more difficult for us to function at our highest capability.

Focus on your health and safety for a long and fulfilling season.

- **Stay healthy** - Follow good handwashing and mask wearing protocols. Drink lots of water, eat healthy meals.
- **Stay rested** - Get to bed early in preparation for early morning starts.
- **Stay mindful** - Even 5 minutes of meditation, reflection, or breathing exercises can have a positive impact on cognitive and affective health.
- **Stay aware** - of the Five T's
 - Terrain
 - Traffic
 - Task
 - Tactic
 - Snow surface
- **Stay safe** - Watch where you ski, ride, and step. Start slow (speed) and low (terrain). *Focus on balance and stance* in every lesson through the holiday period.
- **Stay skillful** - Early season lessons are the best time to work on your own skiing and riding skills as they give you time to work on your own foundational skill while working with your students.

With Respect, **Tami Lyon** Director – Skier

Can I ski backwards while teaching? (Pt 2)

Alternatives to skiing backwards

To observe students ski behind them, have them ski to you, or stop and have them ski by you.

Use an "edgie wedgie." Do not manipulate guest's equipment while moving (for example holding tips together while skiing backwards and looking between your legs is not permitted).

Tactics for skiing backwards when permitted under this policy:

In general, skiing backwards requires a heightened level of awareness and more conservative decision-making.

Use the 5-Ts as a guideline:

Terrain – Verify the terrain is free of obstacles such as trees, rocks, snow guns, or any other manmade or natural obstacles. Avoid skiing backwards in powder, slush or other variable conditions.

Traffic – Only consider this tactic where traffic is limited or the slope is clear. Observe and understand the flow of traffic if others are present. Be aware of other users, especially those traveling up (such as snow-shoers) or across the hill. **DO NOT** ski backwards in the presence of snowcats, snowmobiles or any other form of mechanized transportation.

Tactics – Use extreme caution and stop frequently to re-assess the situation. Ski at slower speeds.

Task – Are there other ways to accomplish the goal? Exhaust all options prior to using this tactic.

Timing – Is it late in the lesson or day? Are you warmed up? How is your and your student's energy level?

Snow Surface – Is the surface conducive? Heavy, wet, soft or icy snow increases risk significantly.

