



THE WORD

Winter 23' -24' | Issue 14 | Jan. 12, 2023

Like the sun that rises over the horizon, another Friday has come along! Snowfall has been plentiful on the mountain, and with it, cooler temps.

This weeks WORD has “cool” tips on how to stay warm, dates for an upcoming PSIA clinic, and a new resource to add for our Epic Wellness Month.

Safety Message: Mastering Cold Weather Attire on the Mountains

As the temperatures dip below 10 degrees, it's time to gear up and embrace the winter wonderland responsibly. Dressing appropriately for the cold is not just about comfort; it's about ensuring a safe and enjoyable mountain experience.

1. Layer Up:

When the mercury takes a plunge, layering becomes your best friend. Start with a moisture-wicking base layer to keep sweat away from your skin, and add an insulating layer (or two) for warmth. Finish with a waterproof and windproof outer layer to shield yourself from the elements.

2. Face the Cold Head-On:

Invest in a quality face mask or balaclava to protect your face from biting winds. Vaseline on exposed skin can also provide protection. Goggles with proper ventilation are crucial to prevent fogging and protect your eyes from the cold.

3. Stay Hydrated:

Cold weather can be deceptive when it comes to hydration. Remember to drink water regularly to stay adequately hydrated, even if you don't feel as thirsty as you would in warmer weather.

4. Be Prepared for Changes:

Mountain weather can be unpredictable. Pack an extra layer and be prepared to adjust your clothing based on changing conditions.

Training Corner—Snowboard Member School Clinic Coming Soon!

Get ready to shred! We're thrilled to announce a Snowboard Member School Clinic scheduled for January 30th and 31st.

This clinic is exclusively for our PSIA-AASI members. It's a fantastic opportunity to enhance your snowboarding skills and connect with fellow enthusiasts. Don't miss out on the fun—secure your spot by signing up at PSIA-NW.org via the events page. Let's hit the slopes together!

Nurturing Support: Your Path to Well-being in Epic Wellness Month.

As we embrace Epic Wellness Month, we're thrilled to introduce Supportiv—a unique platform offering on-demand, professionally moderated peer support group chats tailored to connect individuals with shared experiences. Engage in conversations with those who understand your journey, fostering a supportive environment.

With accessibility 24/7/365 and a swift response time of under 1 minute, Supportiv ensures you can find the support you need whenever you need it. Life at Stevens Pass is about more than work; it's about supporting one another.

For more information, check out the Supportiv Flyer attached to your email. Your well-being matters to us. Company Code: VaileAP.

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