

Snowboard First Time Experience 25-26

	Outcomes & Terrain	Suggested Activities
1 Foot Very Low Speed	Connecting w/ Guests Lesson meeting area	<ul style="list-style-type: none"> · Introduce self and students · Ask about motivations, interests, & goals · Make a plan based on guest answers · Check equipment & pass - does equipment fit/ work? Boots tight? · Ticket left pocket, no phone or credit cards
	Learn about Board Flats away from traffic	<ul style="list-style-type: none"> · Find balanced stance, binding stance, what direction to go, alignment · Explain best practices to reduce risk of injury when falling (toe & heelside) · Explore body movements w/ no board: Flexing, turning, jumping, joints, ROM · Explore: straps, highback, sidecut, sliding/scraping, bend/ pivot/ edging
	Move in the Flats Flats away from traffic	<ul style="list-style-type: none"> · Review strapping into bindings · 1 foot strapped in - explore movements <ul style="list-style-type: none"> · Step over, onto, pick up, turn around, set an edge, pivot, slip & slide · Skate: In a straight line; Step to a glide; In a circle
	Move on a Mellow Slope Very gentle to flat slope	<ul style="list-style-type: none"> · Identify fall line: uphill, downhill & across, using edge for grip · Review rider right of way, avoid hazards, heelside is blind · Sidestep: Walk up & downhill, set uphill edge · Straight Glide
	Change Directions Very gentle to flat slope	<ul style="list-style-type: none"> · J-Turns, w/ board in fall-line, step onto board; steer board across the hill <ul style="list-style-type: none"> · 1 footed for adults (2 footed = kids 7 and under) · Students may go left or right depending if goofy or regular · Continued practice · Quick Stop: turn to a sit (heelside) or kneel (toes) to uphill side of board · Turn to a standing stop, step off, reset into the fall line, try again · Repeat until proficient on one edge before switching edges
	Ride a Surface Lift Bottom of Ballroom Carpet	<ul style="list-style-type: none"> · Observe loading, practice flexing to absorb texture change, offloading 1-foot · Describe unloading, straight glide, looking forward and up · Designate meeting location at the top & to get out of way · Demo getting on and off, assist each student for first time · Instructor usually goes last
2 Feet	Strap 2-Foot In & Stand Up 1) walk halfway up <u>or</u> 2) top of carpet	<ul style="list-style-type: none"> · Assist w/ proper strap in - centered, tight, snow out from soles · Demo standing up from heelside and toeside · Assist each person standing up to prevent collisions
	Control Speed on Longer Slope 1) walk halfway up <u>or</u> 2) top of carpet	<ul style="list-style-type: none"> · Sideslips, toe and heel - downhill direction · Traverses, toe and heel - across hill direction · Demo how to get into fall line w/ 2 feet strapped in: <ul style="list-style-type: none"> · Shimmy/ Flipside Js, manually assist, hop 90 degrees · J-Turns w/ 2 feet · C-Turns w/ 2 feet from a traverse · Link turns if room & snow conditions allow
	Ride a Chairlift (1-footed) Practice chair, Buttercup Lift Line Area	<p>* Students MUST be able to (1-footed) glide & skate. (2-footed) control speed, stop, & balance on an edge prior to loading Buttercup.</p> <ul style="list-style-type: none"> · Use practice chair, if available · Observe loading; discuss waiting, following chair; keeping board straight · Describe unloading - flex so weight towards nose, straight glide, look up · Describe meeting location at the top, check for understanding · Skate into lift line, load on first chair, meet group at top
	Review and Refine Skills Steeper or faster conditions	<ul style="list-style-type: none"> · Sideslips & Traverses on steeper slopes · C-Turns, starting each from toe and heel · Introduce Garlands, toe & heel · Linked C-Turns