

LESSON 1: BASIC SKIING/SNOWBOARDING VOCABULARY



• Snow Conditions

1 Powder

Also known as pow pow, this is freshly fallen snow which skiers and snowboarders dream about.

2 Packed powder

Powder which has been ridden on for a day or two.

3 Hard Pack

Snow that's been pressed down as far as it will go.

4 Slush

Common in the spring, this is when the snow becomes wet and heavy because of the warm temperatures.

5 Crud

Hard and lumpy snow which usually forms during the night after a warm day.

6 Ice

Everyone's worst nightmare. It usually forms on the pistes when it's very cold and hasn't snowed for a while.

7 Moguls

Big hills which are formed by skiers on the pistes (snowboarders hate moguls!).

8 Artificial

Fake snow. Made by snow cannons to improve the conditions.

Ski Areas



Ski Resort

An area of mountains made especially for skiers, with lifts, cafes and groomed pistes.

Piste

Another word for slopes, this is where most people spend their time skiing.

Off-Piste

When you ski off the designated pistes but you are still in the resort (usually looking for powder).

Backcountry

Skiing outside of a resort area. It usually involves hiking into the mountains.



GREEN
Beginner

BLUE
Easy

RED
Intermediate

BLACK
Advanced

Types of runs

Gondola



Chairlift



Button lift



Cable car



T-bar



Types of lifts

Après-ski:

a French word to describe the entertainment (usually involving drinking and partying) after a day on the slopes.

Freestyle:

a type of skiing / snowboard that involves doing tricks.



Freeride:

a type of skiing/snowboarding that involves riding off-piste and in powder.



Switch:

when you ride the opposite direction to normal (this is more common on a snowboard).



Lift pass:

what you use to ride the lifts.

Avalanche:

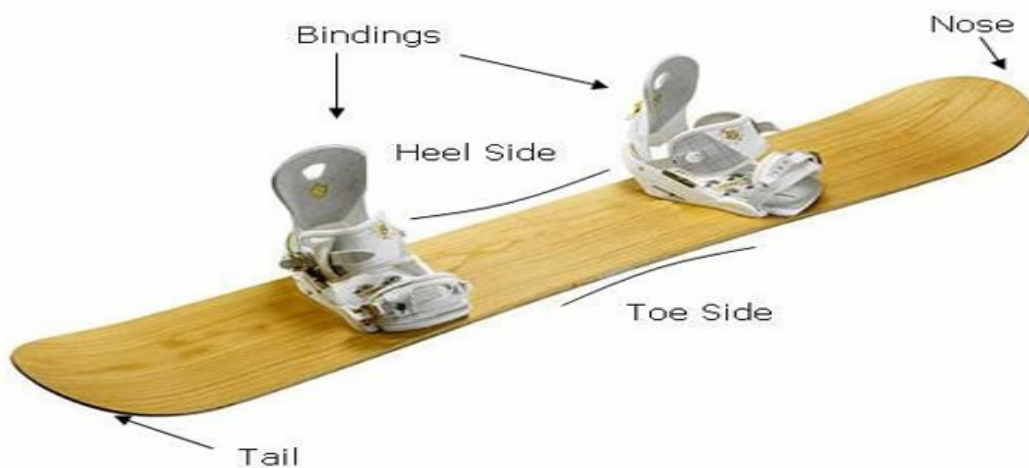
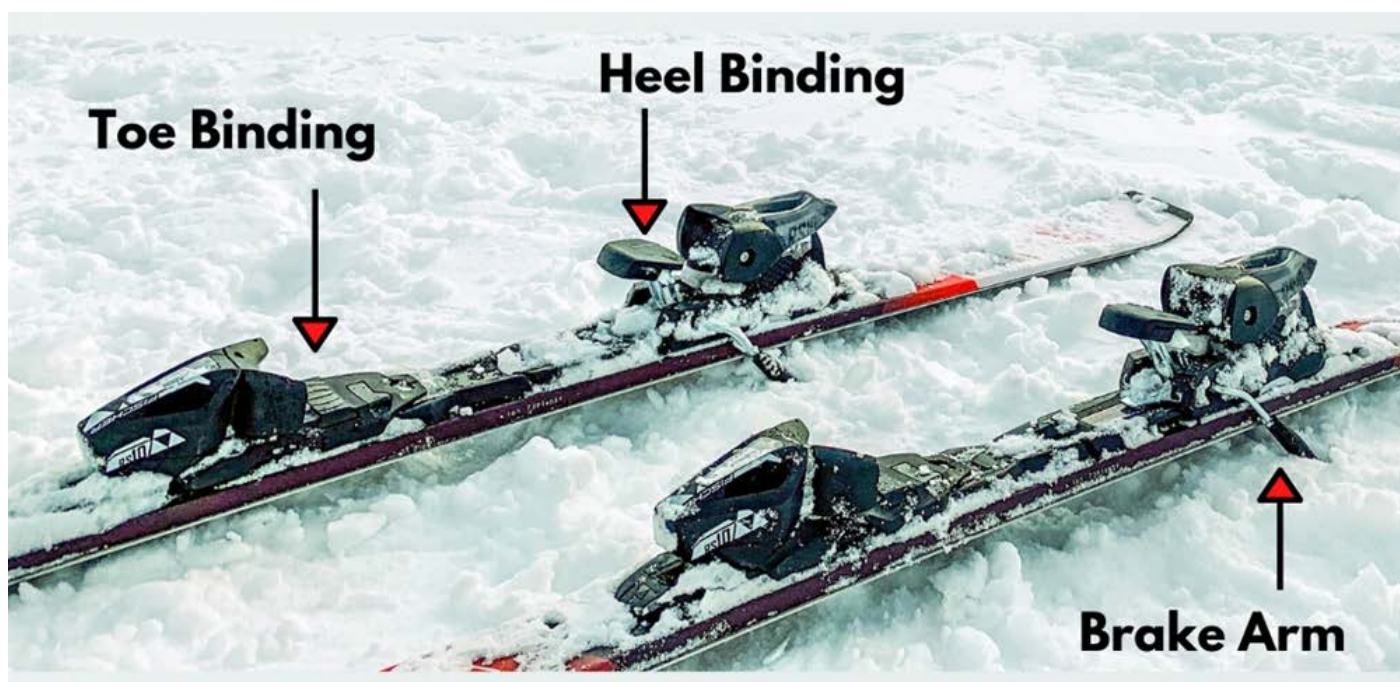
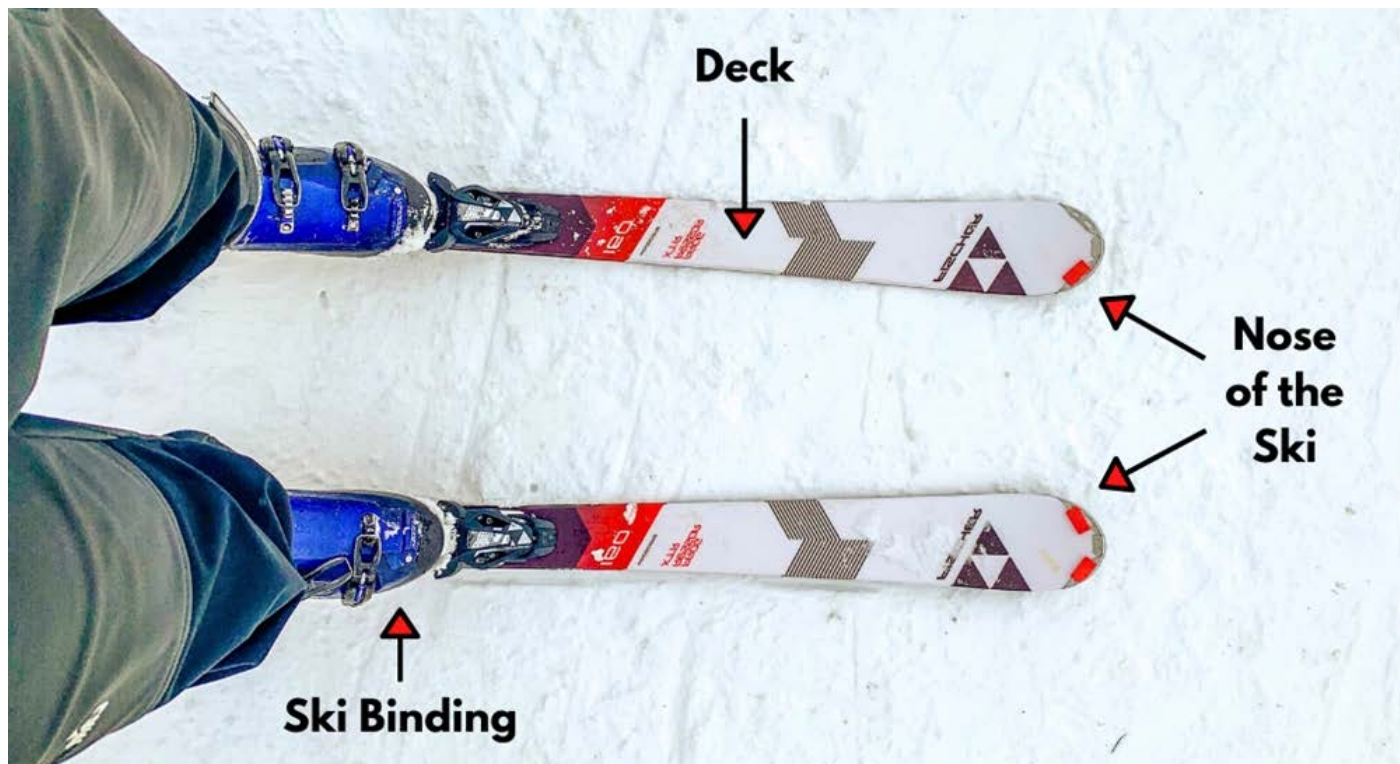
a rapid flow of snow moving down a slope.

Splitboard:

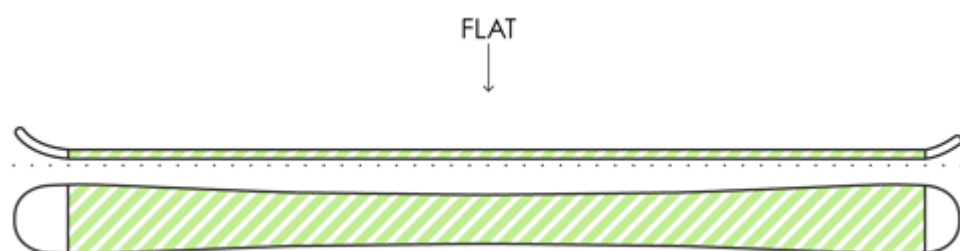
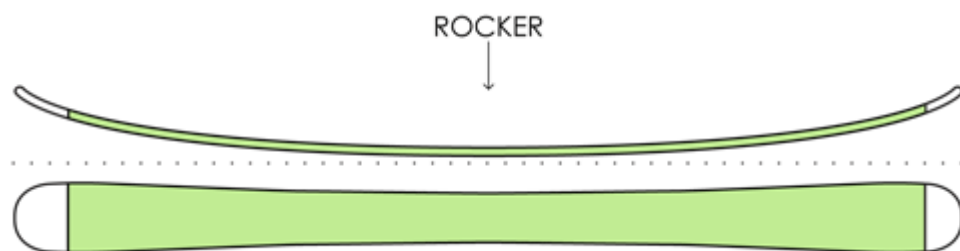
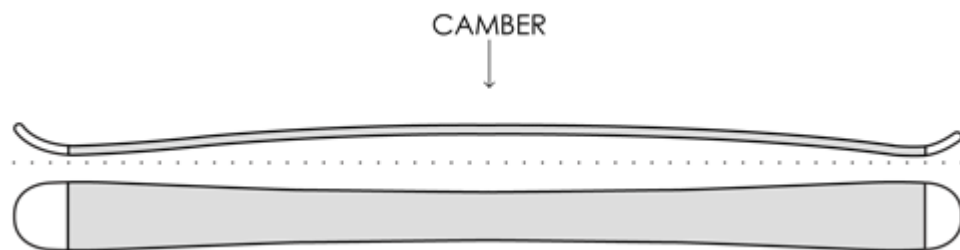
a snowboard which can be converted into skis to use in the backcountry.

Miscellaneous





MAIN SKI/SNOWBOARD DESIGN TYPES



For more ski/snowboarding terms, visit

<https://snowslang.com/glossary/>

<https://www.yourdictionary.com/articles/ski-snowboarding-glossary>

Adapted from:

<https://oxfordhousebcn.com/en/essential-ski-vocabulary-infographic/>

<https://www.bikatadventures.com/Home/Blog/parts-of-a-ski>

<https://www.snowboardholic.com/BoardAnatomy/index.html>

<https://www.skijanje.rs/ski-oprema/oprema-za-alpsko-skijanje/osnovno-znanje-o-ski-opremi/>

LESSON 2: DIFFERENT TYPES OF SKIING (SNOWBOARDING)

Alpine/Downhill Skiing

Alpine or downhill skiing attracts countless skiers annually to snow filled slopes all around the world. Usually taking place on a piste, alpine skiing or downhill skiing consists of a clearly marked ski path down a mountain and is the most common type of skiing. Skiers use any type of available lift to get to the top of the piste. The difficulty of the piste depends on the width of the slope, the gradient, and how well maintained the snow is throughout the ski run.

Off-Piste/Backcountry Skiing

Because of untreated snow on off-piste skiing routes, this form of the sport is considered to be a more dangerous form of skiing, and should only be done by experienced skiers.

Telemark Skiing

Telemark skiing provides a challenge different to traditional alpine skiing, because it uses a unique technique to travel downhill. Unlike alpine skiing, telemark skiers can raise their heel from the boot when skiing downhill.

Freestyle Skiing

Freestyle skiing requires remarkable skills. Skiers often compete against each other by doing flips, spins, jumps, and tricks over obstacles or ramps. Freestyle skiing is also an Olympic sport, in which the best freestyle skiers from around the world come together to compete for a medal. The Olympic athletes participate in five different events: the ski halfpipe, moguls, slopestyle, ski cross, and aerials.

Slalom Skiing

Slalom skiing is another variation of alpine skiing. The aim of the game is to cross the finish line in the quickest possible time. However, the piste contains marked gates from start to finish. The skier has to slalom down the piste and pass through them all. Variants include the giant slalom and the super giant slalom (Super-G).

Ski Touring

Ski touring is a winter sport which allows skiers to explore remote areas which are largely untouched. Instead of using lifts to get up the mountain, skiers use their skis and poles to create new paths across unmarked areas. Once the skier reaches a certain point, they will ski back down the mountain using the same method as an alpine skier.

Ski Touring Equipment

The majority of alpine and touring equipment is the same, but there are some differences. Ski touring requires the skier's heel to release from the ski when travelling up the mountain, so skiers have to use special bindings. The skier will also fit skins to the bottom of their skis, which provides enough grip to climb the mountain. Ski Touring requires more planning and preparation than traditional alpine skiing. Skiers choose lighter layers than those worn for downhill skiing. This prevents overheating when skiers are constantly on the move.

Cross-Country/Nordic Skiing

Cross-country skiing is a unique variation which involves travelling over largely flat land without any uphill climbing or downhill skiing. Like with ski touring, skiers also wear lightweight waterproof ski clothing which keeps them dry and comfortable while on the move.

Jibbing

Jibbing is a freestyle snowboarding technique. It is directly influenced by skateboarding. Typically, jibbing occurs in a snowboard resort park but can also be done in urban environments. Jibbing involves technical riding on non-standard surfaces, for example, jumping, sliding, or riding on top of objects such as metal rails, boxes, benches, concrete ledges, walls, vehicles, rocks, and logs.

Adapted from:

<https://www.dare2b.com/blog/types-of-skiing/>

https://buckmans.com/blog/what-are-the-different-types-of-skiing-bpid_423.aspx

<https://en.wikipedia.org/wiki/Snowboarding>