

Plan:

- Is there a nearby ski hill at which you can set up a course?
- When is a good time to pursue this adventure?
- What equipment do you need? Where can you get some that you don't have?
- What questions do you have for the ski hill?

Do:

- Set up your gates and learn how to ski a course!

Review:

- What do you know now that you did not know before?
- How did you feel before, during and after skiing the course?
- How does skiing through gates differ from regular free-skiing?
- How well did your Expedition Team work together to set up and tear down the course?
- What challenges did your team face, and how did you overcome them?
- If you were to go out again, what would you do differently?

Safety note:

- Be aware of your own limits. Don't ski any faster than you are comfortable skiing.
- What safety equipment should you wear on this adventure?
- Perform a risk assessment before taking part in this adventure.

Online Resources:

- [Alpine Skiing 101](#)
- [Cascade Ski Team: J6 Racer Practicing Slalom Gates](#)
- [Ski Canada magazine](#)



Intro to Alpine Ski Racing

Active & Healthy Living

**The Adventure:**

Downhill skiing is a fun leisure activity, but it can also be done competitively. Competitive alpine skiing is done in gates. This can be an exhilarating challenge, and it's a fantastic way to improve your skiing.

Find a ski hill that offers gate training and a competitive program. Contact the ski hill to set up a time you can go with an Expedition Team.

This is a great way to make skiing even more exciting. You may even be able to set up timing and race!

Canadianpath.ca

**Plan:**

- Is there a nearby ski hill at which you can set up a course?
- When is a good time to pursue this adventure?
- What equipment do you need? Where can you get some that you don't have?
- What questions do you have for the ski hill?

Do:

- Set up your gates and learn how to ski a course!

Review:

- What do you know now that you did not know before?
- How did you feel before, during and after skiing the course?
- How does skiing through gates differ from regular free-skiing?
- How well did your Expedition Team work together to set up and tear down the course?
- What challenges did your team face, and how did you overcome them?
- If you were to go out again, what would you do differently?

Safety note:

- Be aware of your own limits. Don't ski any faster than you are comfortable skiing.
- What safety equipment should you wear on this adventure?
- Perform a risk assessment before taking part in this adventure.

Online Resources:

- [Alpine Skiing 101](#)
- [Cascade Ski Team: J6 Racer Practicing Slalom Gates](#)
- [Ski Canada magazine](#)



Intro to Alpine Ski Racing

Active & Healthy Living

**The Adventure:**

Downhill skiing is a fun leisure activity, but it can also be done competitively. Competitive alpine skiing is done in gates. This can be an exhilarating challenge, and it's a fantastic way to improve your skiing.

Find a ski hill that offers gate training and a competitive program. Contact the ski hill to set up a time you can go with an Expedition Team.

This is a great way to make skiing even more exciting. You may even be able to set up timing and race!

Canadianpath.ca

