



Heavenly Ski and Ride School 2015/16

The 5 T's

Below is a brief explanation of the 5 T's.

The 5 T's are a check list you should use before you ski/ride any trails (either with your guests or by yourself) to ensure you are making the correct choices to both stay safe and to make your experience as much fun as it possibly can be.

If you find your plan lacking after considering each of the 5 T's change it!

The 5 T's are equally important whether skiing/riding with your guests or free skiing/riding on your days off.

Terrain

Is the terrain too steep? Fear is one of, if not the biggest inhibitor to good performance. If it is too steep you will not be able to perform at your best increasing your chance of injuring yourself. As you ski/ride steeper terrain ask yourself what the consequences of a fall may be? If it is too steep, stay away.

Traffic

How much traffic is on the run you are planning to ski/ride? Is there a quieter alternative? Often it is better to take a trail with slightly less than ideal terrain if it allows you to avoid traffic and hence the chance of collisions.

Task

Ensure that the task you select is appropriate for the terrain and traffic environment you find yourself in. E.g. garlands are generally not suitable tasks at Heavenly given our relatively narrow trails with high traffic volumes, slow speed turns are not be suitable on trails where the traffic is moving quickly.

Tactics

Within the context of the terrain, traffic and task selected ensure that appropriate tactics are used. E.g. Stay on the side of the trail when performing short radius turns or ski/ride at the same speed as regular traffic.



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Timing

Conditions change throughout the day. Snow may become softer in the sun or harder as the soft snow is scraped off depending on the current snow conditions, time of year and individual trail. Slopes may be busier at certain times of day and quieter at other times. Be aware of all these factors when selecting a run.

Surface

The surface of the snow is integral to a positive experience, freshly groomed snow on a black run may provide a great experience one day and a completely different experience when hard and icy the next day.