



Heavenly Ski & Ride School Newsletter

News #3

February 16, 2020



Sending you some February Love

President's Week also known as Ski Week in NorCal is February 15 – 23

President's Day honors and celebrates the life and achievements of George Washington, the first President of the United States (1789-1797) and 'The Father of this Country'. The day is, in practice, often used to honor and remember all past U.S. presidents, and in particular Washington, Abraham Lincoln and Thomas Jefferson.

For some school districts in the S.F. Bay Area, they take the week off and call it Ski Week.

You can expect this week to be very busy in Ski & Ride School and on the mountain so CHECK YOUR SCHEDULE before 8:00AM and after 5:00PM each day – business levels can change rapidly, frequently and your schedule too.

Keep Your Stoke Up!



We are half-way through the 2019/2020 season and we have not had a lot of freshies to rip on those fat boys. But don't get down and complacent – Keep Your Stoke Up! Last year's February produced the greatest snowfall in Heavenly's history. You may have also heard locals speaking about "Miracle March" and "Awesome April" when the heaven's open and drop an amazing amount of snow. The season is not over so stay positive and hopeful for those untracked pow days ahead.

What is Complacency?

It is self-satisfaction especially when accompanied by unawareness of actual dangers or deficiencies. When it comes to safety, **complacency** can be dangerous. So, how do you fight complacency? Well, if everything seems normal to you, then you have to ask yourself if what you're doing normally or automatically or habitually is safe. For example, moving your eyes (spatial awareness) before you move your body, hands, feet or car. Testing your footing on ice when getting out of your car before you commit your weight to it, etc. In other words, we have to re-commit to improving some of our habits and heighten our awareness.

States (cause)

- Rushing
- Frustration
- Fatigue
- Complacency

Errors (which cause)

- *Eyes not on task
- *Mind not on task
- *In line-of-fire (not spatially aware)
- * Balance, traction, grip

In order to fight complacency you have to do something actively that gets you thinking about the hazards and risks of your task/job. Our Safety Observation and Feedback program is one way we are supporting you in staying alert, focused and ready to be present, engaging and safe with your guests throughout the day and every day.

Checking for Understanding

Checking for Understanding is an essential element in the teaching/learning model. A coach continually verifies their students are learning what is being taught while it is being taught. It provides the coach the opportunity to improve learning based on the student's responses through the teaching and learning process.

Checking for understanding is not a yes or no question. A guest's yes or no response does not inform you of their knowledge or understanding of what you are teaching. Too often I will hear a coach say, "Does this make sense"? And a guest's typical response is yes so not to appear inattentive.

We can be a more effective coach and facilitate the learning of our guests by using some of the following ways (there are others) to check for understanding:

- Ask them one thing they learned (i.e. what are the four skills in skiing, etc.)
- Have them draw on the snow (i.e. shape and type of turn, etc.)
- Have them identify/describe a specific body part or movement that creates your intended task outcome (i.e. ankles and knees for edging; flexion/extension to aid turning; face down the hill to stabilize upper body; etc.)
- Have them describe a task (i.e. the sequence of a turn; side stepping; side slipping, etc.)
- Have them demonstrate their understanding of a task you are working on
- Have them pair up with another guest and have them describe/demonstrate their understanding to each other, and then share with the group.
- Ask what did they learn? Ask what do you want to know more about? Ask do you have questions?
- Check for understanding a minimum of 3'x during your class.

Try using some of the ways mentioned above to help facilitate the learning of your guest and create a positive outcome for their time being with you. Have fun.