



You'll love Skiing & Snowboarding...

Suggestions for the first visit and Expectations

Don't worry; you are not the only one! Believe it or not, we have designed our facilities and programs for people just like you. Everyone learns at different paces. It is important to keep your expectations reasonable. This way both you and your children will have a successful and rewarding on the snow experience. Factors that can affect learning to ski or snowboard include your temperament (how open you are to new things), age, and physical ability. Both skiing and snowboarding take specialized skills that improve with time over practice. Ultimately, your expectation for you or your kids should focus on the fun and excitement of the overall experience.

Top 10 Questions asked about the "First Day"

1. How safe is skiing?

Statistically, skiing is no more hazardous than bicycling or tennis. It used to be though, in the days of long, stiff wood skis, non-support boots and non-release bindings. Now, with modern equipment such as fiberglass skis, high-support plastic boots and release bindings, skiing is much safer. For more information, check out this link to our Safety Pages.

2. What will it cost?

Skiing is not as expensive as you might think. You can ski on a budget or you can spend a lot of time on the slopes. You can ski at a local area for a few hours or take a ski vacation. Ski equipment can be rented, and as for clothing, you probably already have clothes which could double as a ski outfit. Most ski areas offer programs or packages to cut costs. And, if you're staying overnight, there's a variety of prices for lodging and food. We also have great "starter" packages to help you. Check out our Lesson section for more details.

3. How long will it take to be able to ski or ride?

Just in your first day, you'll learn how to turn, slow down, stop and ride the lifts. Generally if you are trying skiing for the first time, you should be able to do quite a bit on your first day. Snowboarding is a bit more difficult the first time. However, the learning curve is much easier after just a few tries. With today's modern teaching methods, you can be past the beginner stage after four or five lessons, which means you can ski 50% of the ski trails in the United States.

4. Do I have to be in shape?

You don't have to be an athlete to ski. Today, modern equipment does most of the work for you. If you do some exercises before your first ski experience, you will enjoy it more. First of all, you'll learn faster, because you won't tire so easily during the learning process. You're going to fall down some while learning so you'll bounce back better if you're in shape. Walking briskly, jogging, jumping rope, or stretching are best.

5. What kind of Facilities should I expect?

Every ski area, whether a day (no lodging) or destination (lodging) area, has the same basic facilities:

- A mountain with ski lifts to transport skiers to the top.

- Trails of varying difficulty to ski back to the bottom.
- A base lodge with food service, restrooms, ticket window, ski school, and Ski Patrol.
- Parking lot.
- At the mountain or nearby are ski and rental shops, and, if a resort area has lodging, restaurants, bars, shops and services.

6. How should I dress for Different temperatures? How can I find out the conditions before I go?

Layer Up

The best way to dress for winter is to wear layers. This gives you flexibility to add or remove layers, depending on the weather and your activity. Turtleneck shirts, sweaters, long underwear and footless tights work well as under-layers. Avoid wearing cotton next to your skin, because it will absorb sweat and snow and make you shiver. For that same reason, wool or acrylic socks are better than cotton athletic socks. Wear one, thin pair. Ski and snowboard boots are designed to be warm. Thick socks, or multiple layers of socks, will only give you blisters. If you buy anything, it should be a pair of waterproof shell pants and warm long underwear. You probably have a winter sports jacket already. You may not need as many layers of clothing as you think. On a sunny day, you may only need two layers - the waterproof outer layer and the turtleneck/long underwear first layer. But bring a middle layer (fleece or wool sweater) just in case. You can always take off clothes as you get warmer.

In general, the three main layers are **wicking**, **insulating** and **weather protection**.

Wicking layer

This is the layer worn next to your skin, usually consisting of long underwear. Look for thermal underwear made of a synthetic - usually polyester - fiber that has "wicking" power. This means the fibers will wick (move) moisture away from your skin and pass it through the fabric so it will evaporate. This keeps you warm, dry and comfortable. Silk is also a good, natural fabric that has wicking abilities.

Even though it's cold, you will sweat - especially if you are cross country skiing or snowshoeing.

Insulating layer

This middle layer includes sweaters, sweatshirts, vests and pullovers. The purpose of this layer is to keep heat in and cold out, which is accomplished by trapping air between the fibers. Popular insulation materials include:

1. Fleece, a synthetic material which maintains its insulating ability even when wet and spreads the moisture out so it dries quickly.
2. Wool, which naturally wicks away moisture.

Protection layer

The exterior layer, generally a shell and pants, serves as your guard against the elements of winter. It should repel water from snow, sleet or rain and block the wind, while also letting perspiration evaporate.

Most genuine winter shells and pants are made waterproof and breathable to some extent by using tightly woven fabrics teamed with a coating or laminate. This keeps moisture on the outside but allows perspiration to escape, keeping you dry and comfortable.

Depending on the weather and type of winter activity you will be doing, you may be interested in uninsulated pants and jackets/shells, or garments with increasing amounts of insulation.

One-piece suits, which combine a jacket and pants, are popular with many alpine skiers, especially on cold days and days where there is a lot of fresh powder snow.

Look for functional hoods, cuffs, pockets and zippers - details that truly make garments comfortable in a snowstorm.

Although less baggy than in previous years, most snowboard clothing is still designed to fit looser than alpine skiwear, giving snowboarders freedom of movement. In addition, many snowboard pants are reinforced in the seat and knees for extra protection when kneeling or sitting on the snow.

Headwear

Up to 60 percent of your body's heat can escape from an uncovered head, so wearing a hat, headband or helmet is essential when it's cold. (Tip: If you wear a hat, you may be able to wear one less layer on your body.) There are thousands of styles of hats and headbands, usually made from fleece or wool. Many have non-itch liners. Helmets are becoming very popular. Not only do they protect your head from bumps, but they also keep your head warm. A fleece neck gaiter (like a collar) or face mask is a must on cold days.

Sunglasses and goggles

Sunglasses do much more than make you look cool. They also protect your eyes from damaging solar radiation. Snow, or any other reflective surface, makes ultraviolet (UV) rays stronger, while increased altitude also magnifies the danger. On flat-light days or when it's snowing, goggles are vital. They protect your eyes and special lens colors increase the contrast so you can properly discern terrain features.

Gloves and mittens

Look for gloves and mittens that use waterproof, breathable fabrics. Mittens, in general, are warmer than gloves, but offer you less dexterity. Consider the type of activity you'll be doing. Snowboarding gloves and mittens often have a reinforced palm because of extra wear from adjusting bindings and balancing on the snow. Some snowboarding gloves and mittens also have built-in wrist-guards, which are excellent for novice snowboarders. Cross country skiing gloves tend to be lighter-weight for extra movement and because you perspire more.

Socks

One pair of light-weight or medium-weight socks works best for skiing or snowboarding. Socks are made from a variety of materials, including polyester, silk, wool and nylon. Some socks have wicking properties similar to long underwear, meaning your feet will stay dry and comfortable.

Fashion Tips

The wicking layer should fit snugly (not tight) next to the skin in order to effectively wick moisture. Comfort is key for the insulating layer. It should be loose enough to trap air between layers, but not so bulky that it restricts movement. Whether you are a skier or snowboarder, your protection layer should fit comfortably, offering you maximum range of motion.

Look for 100 percent UV protection in sunglasses. Make sure the glasses fit snugly behind your ears and rest gently on the bridge of your nose.

Goggles should form an uninterrupted seal on your face, extending above your eyebrows and below your cheekbones. Watch for gaps, especially around your nose.

Don't buy gloves or mittens that are too tight. There should be a little air space at the tips of your fingers, which acts as additional insulation.

Don't wear jeans or street pants. Denim is not waterproof, so water will soak through and you'll end up cold, wet and miserable.

Cotton is a no-no. Cotton is great for towels, because cotton soaks up and retains moisture. That's precisely why cotton is all wrong for on-slope apparel. It absorbs moisture (sweat and snow), and retains it. When the wind blows, you will get very, very cold. Don't wear cotton athletic socks, cotton jeans, cotton sweatshirts, or cotton T-shirts.

Resist the temptation of putting on too many pairs of socks. You'll restrict circulation and actually cause your feet to get colder.

Here's some tips to keep in mind for different temperatures:

40° and Above

TORSO: turtleneck or shirt or T-shirt, plus wind shirt or light jacket. LEGS: pants only. HEAD/FACE: light hat or none. HANDS: light gloves or liners. FEET: light socks. Put lift ticket on a garment that will not be removed.

28° to 40°

TORSO: turtleneck or shirt plus medium parka or jacket. LEGS: long johns and pants; or pants and warm-ups; or bib ski pants. HEAD/FACE: light or medium hat. HANDS: medium gloves or wool mittens. FEET: light socks.

15° to 28°

TORSO: turtleneck, light sweater, and medium to heavy parka or jacket. LEGS: thermal long johns and heavy pants; or medium pants and warm-ups; or long johns and bib ski pants. HEAD/FACE: medium to heavy hat. HANDS: heavy gloves or wool mittens with liners. FEET: medium socks.

5° to 15°

TORSO: turtleneck, shirt, medium sweater or vest, plus heavy parka or jacket. LEGS: thermal long johns, pants and warm-ups; or thermal long johns and bib ski pants. HEAD/FACE: heavy tight-knit hat that covers ears and forehead. HANDS: heavy gloves or heavy wool mittens with liners. FEET: wool socks.

5° and Below

TORSO: thermal undershirt, turtleneck, shirt, heavy sweater or vest, plus heavy parka or jacket. LEGS: heavy thermal long johns, heavy pants and warm-ups; or heavy thermal long johns and bib ski pants. HEAD/FACE: salve on face. Face mask or scarf and neck gaiter over mouth and nose. Goggles to cover eyes. Heavy tight-knit hat that covers ears and forehead. HANDS: heavy gloves with liners or heavy wool mittens with liners and windproof shell. FEET: wool socks. Keep boots loose to aid circulation. If windy, add another layer to torso. No exposed flesh on head. Add hood to parka if available.

7. What do beginners forget to bring the first day?

Sunglasses, goggles and sunscreen. The sun is very strong against a snow-white background. Also remember to bring water-resistant gloves or mittens and a hat. Future snowboarders, wear wrist guards if you have them. If you already have knee pads, they will help cushion snowboard falls.

Every ski resort publishes a "conditions" report or a "ski report." Usually it's done daily and gives you a summary of the temperatures, trails open, lifts running, weather conditions, and more. We update our reports every morning by the first light. We put our conditions report on our website, phone systems, and publish it to all the major news agencies that report national ski conditions.

7. Should I take a Lesson?

Did someone teach you how to drive? Of course, it's the easiest way to learn the "rules of the road." Most ski areas have a beginner's area with a wide, gentle slope and a beginner's lift. At top of the hill by the Snow Sports Learning Center sign, your Snow Pro will introduce himself and familiarize you with your equipment. During the first lesson you will learn how to walk, maneuver and control your skis by turning, slowing down and stopping. When you are ready, the Snow Pro will show you how to ride the beginner's lift and will ski down the beginner's slope with you. After your lesson you can continue practicing what you've already learned.

After you have mastered the fundamental skills of skiing (turning, slowing down, stopping and riding a lift), you'll be able to explore other trails while you practice what you've learned. Keep to the "Easier" trails which are marked with green circles. There will be signs so marked at the beginning of the trail.

9. What are the basics I need to know before using a Lift?

It is recommended that you take a lesson or get help from a Ski Resort associate before attempting to ride one for the first time. The majority of ski lifts in this country are chairlifts (1,2,3 or 4 passenger) with the remainder comprising of gondolas, trams and surface lifts (T-bars, Pomalifts, J-bars, and rope tows).

Here are some basic rules for riding all ski lifts:

1. Obey all loading and other instructions on lifts.
2. Do not use a lift until you are familiar with its operation. Read the instruction signs. Watch and learn. Ask if you are in doubt.
3. Slow down before approaching the entrance to a lift.
4. Load and unload only at designated areas.
5. Be polite and courteous at the loading area. Wait your turn, try to keep off other people's skis, and double or triple up for chairlifts or T-bars.
6. Have your lift ticket or season pass visible to the ticket checker or lift operator so you do not hold up the line.
7. On chairlifts, keep your ski tips or snowboard up as you leave the loading area and upon approaching the unloading ramp.
8. If you fall while getting on or off the lift, keep your head down and crawl quickly out of the way.
9. Do not bounce, ski out of the track, or otherwise abuse lift equipment. You may cause injury to yourself or others.
10. Make sure no loose clothing or long hair is caught in lift when unloading.
11. Move quickly away from unload areas to make room for the next skiers.
12. If a lift stops, do not attempt to get off. Remember, if there is a mechanical problem, area personnel will provide assistance.
13. Take special precautions to help small children load and unload. Do not allow them to ride a lift alone until they can do so properly. You are responsible for your children and their actions.

Paoli Peaks Safety: First and Foremost

Nothing ruins a great day of fun as much as an accident that didn't have to happen. Ultimately, safe skiing and snowboarding on the mountain is each person's responsibility. Following "Your Responsibility Code" will help all skiers and snowboarders have a safer mountain experience.

Skiing in its various forms, including the use of snowboards and snow skates, is a dangerous sport with inherent risks. These risks include loading, riding and unloading from ski lifts, variations in snow, steepness and terrain, ice, moguls, rocks, trees and other forms of forest growth and debris (above or below the surface), bare spots, lift towers, utility lines and poles, fencing, snowmaking and snow grooming equipment, and other forms of natural or man-made obstacles on and off designated trails, as well as collisions with equipment, obstacles or other skiers. Trail conditions vary constantly due to weather changes and skier use. Inherent in the sport is the risk of permanent, catastrophic injury or death. Accepting these risks is a part of the challenge of man against the mountain and the elements.

To enjoy skiing, you must also know and be willing to accept the limits of your ability. Skiing challenges your physical condition and may cause stress. You will reduce the risk of skiing and enjoy it more if you are in good physical condition.

Your Responsibility Code

The National Ski Areas Association established "Your Responsibility Code" in 1966 as a code of ethics for all skiers on the mountain. Today, the code reflects not only skier safety, but snowboarder and lift safety as well. The points listed in the Your Responsibility Code are the rules of the road when you are on the mountain. So, whether you ski with one board or two, or use other specialized equipment, always show courtesy to others so that your paths don't cross.

It is important to remember that there are elements of risk in mountain activities that common sense and personal awareness can help reduce. Please note, violations of Your Responsibility Code, and the following additional rules, ordinances and/or guidelines may result in criminal prosecution, civil liability and/or loss of lift privileges without compensation or refund:

1. Always stay in control and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride, & unload safely.

This is a partial list. Be safety conscious. Officially endorsed by the National Ski Areas Association, National Ski Patrol, Professional Ski Instructors of America. For more great skier and snowboarder safety information, visit the National Ski Area Association's Ski/Snowboard Safety site.

Other Points to Remember...

On the Slopes

1. Always ride or ski in control and within your ability. Do not ride or ski too fast or recklessly. Do not ski slopes too difficult for your ability.
2. When walking or climbing always keep to the side of the trail or slope.
3. If you have a collision resulting in an injury to another person it's your responsibility to stay at the collision site until the Ski Patrol arrives. All injuries must be reported before leaving Paoli Peaks.
4. Inverted aerial maneuvers (flips) are prohibited.
5. It is your responsibility to control your body on the ground and in the air. Always clear the landing area quickly. Never jump blindly. Use a spotter when necessary. Look before you leap! One user on a terrain feature at a time. Inspect terrain before using and throughout the day.
6. Do not ride or ski beyond CLOSED AREA signs into a closed area.
7. Do not build up jumps, schuss, or ski out of control. Schussing means skiing straight down the hill extremely fast and/or recklessly.

Lifts

1. Do not jump out of chairlifts.
2. Lift tickets must be permanently attached by wire wicket to the skier, so that the tickets are easily visible to lift operations.
3. A skier/rider who is alone when entering the lift line should call out "single" so that others may ride the chairlift with him on double, triple or quad lifts.
4. Remove pole straps from wrists before loading on chairlifts. Stand close together in the loading area.
5. Absolutely no cans or bottles are to be taken on ski lifts or ski slopes.
6. Do not cut lift lines. Only Paoli Peaks Ski Patrollers are allowed to enter the lift line ahead of those already waiting.
7. Get on and off lifts only at loading and unloading areas. Do not swing or bounce chairs while riding chairlift. Do not cross operating rope tow tracks.

Etiquette and Behavior

1. Be courteous and respect others. Do not use rude language and/or behavior.
2. No carry-in beer and alcoholic beverages will be allowed on Paoli Peaks premises. Such beverages may be confiscated.
3. Do not bring skis, snowboards or poles into the lodge.
4. "Brown Bagging" is allowed only in restricted areas.
5. Snowboarders must follow Your Responsibility Code. Do not sit at the top of the run in such a way as to block the starting area or otherwise obstruct any area of the slope.
6. Do not abuse rental equipment. Do not go on dry pavement with skis on.