

Safety, Health & Fitness —

NSAA Awards Eight Ski Areas with Annual Ski Area Safety Awards

The National Ski Areas Association (NSAA) announced eight resort winners for its 2002/03 National Ski Area Safety Contest. The winners are NSAA member resorts of all sizes and from across the U.S. The winners were announced at NSAA's National Convention and Trade Show in San Diego, May 29 - June 1, 2003.

The annual Ski Area Safety Awards are given to ski areas that use innovative marketing programs to promote slope safety during National Safety Awareness Week in January. Boeri Ski and Snowboard Helmets sponsored National Safety Awareness Week 2003, which was held, Jan.18-24.

NSAA awarded two resorts each in four categories based on skier visits.

The 2003 winners are:

- * 1 million-plus skier/snowboarder visits category:
Aspen Skiing Co., Colo.
Vail, Colo.
- * 500,000 - 1 million skier/snowboarder visits category:
Killington, Vt.
Squaw Valley, Calif.
- * 250,000 - 500,000 skier/snowboarder visits category:
Stratton, Vt.
Mountain High, Calif.
- * 0 - 250,000 skier/snowboarder visits category winners:
Crystal Mountain, Mich.
Windham, N.Y.

Honorable Mentions: Beaver Creek, Colo., Jackson Hole, Wyo., Sky Tavern, Nev., and Whistler, B.C.

"These winners involved their entire staffs in an effort to promote safety awareness. The resorts have done a remarkable job of educating guests and employees about the "Your Responsibility Code" and personal slope safety," said Tim White, NSAA Director of Education.

In addition to Safety Week posters and banners, the safety campaigns included safety mascots on the slopes, lift operations staff dressed in costumes, 'Heads Up, You're Responsible' brownies, prizes for guests who could recite the safety code, employee department contests, and on-mountain seminars given by ski patrol. To find out more about individual resort programs go to www.nsaa.org and click on "Ski and Snowboard Safety."

The National Ski Areas Association is a trade association for ski area owners and operators. NSAA formed in 1962 and is located in Lakewood, Colo.

Off Season Training, It's Not Too Early to Start Getting in Shape for Winter

You think you've got sore quads after a full day on the slopes? If you want to be a nonstop, pumped-up skiing machine by first snowfall, it's time to train. Bring along a partner to push yourself and start with the basics.

BASIC MOVEMENTS:

LEG PRESS (strength endurance):

If you don't want to use a machine, you can press your partner. Just think speed-do a lot of reps at a fast pace for the duration of the circuit or superset. If you're at the gym, the weight on the machine should be approximately 30 percent of the maximum weight you can push in a single rep.

Make it harder by: adding more weight as you build up strength.

BALANCE LUNGE (strength endurance):

Stand on one leg, knee slightly bent, your other foot resting on a chair behind you and most of your weight on the front leg. Do knee bends with the front leg.

Make it harder by: jumping off the front foot rather than just bending up and down.

BOX JUMP (power endurance):

Jump three times from side to side over a low box, landing evenly on both legs; then squat down on one side of the box and pulse up and down three times.

Make it harder by: jumping continuously from side to side without stopping to squat and pulse.

SKATERS (power endurance):

Stand straight up; then, bending your right knee, spring laterally off that leg to the left side, bending your left knee as you land on that leg. Repeat side to side (think Apolo Anton Ohno).

Make it harder by: looping an elastic band over a stationary object, putting it around your waist, and working one side at a time.

SINGLE-LEG KNEE BEND (strength endurance):

Stand on one leg, your other leg raised in front of you. Do knee bends on the stance leg; get as low as you can while maintaining control.

Make it harder by: holding a five- to 10-pound medicine ball overhead and rotating to the stance-leg side (bringing the ball low) as you do knee bends.

JUMP JACK TUCK (strength endurance):

From a low squat position, do jumping jacks (sans the arms); stay low throughout.

Make it harder by: putting an elastic band around both ankles for more resistance and getting into a lower, tuck position.

FROG JUMP (power endurance):

Stand in a modified tuck or squat position, hands behind your head; jump by exploding upward, then decelerate more slowly by counting to two as you land.

Make it harder by: doing the jumps on a wobble board, which challenges your balance.

SINGLE-LEG PRESS (strength endurance):

Lean sideways with a Swiss ball between you and your partner (or against a wall) at approximately elbow level-this helps you simulate the angulated position of skiing. Lift the inside leg and bend the outside knee so that you're in a low squat position; then pulse up and down on the outside leg, going only two to three inches each way.

Make it harder by: starting in a lower squat position.