

## Level I Course Materials

### Cold weather tips by Peter Lepinski

1. Do not get fully dressed in your ski suit prior to coming to the hill as each day you will start with a classroom session. You may end up sweating and once outside you will chill off quickly. Be prepared to get fully dressed just prior to going on the hill. Your course conductor(s) will provide you with ample time.
2. Bring extra **clean dry** socks and change into a pair just as you are ready to put your boots on. That way you do not have a moist pair on your feet. Use the socks you are removing or have a small towel to dry your feet before putting the new socks on.
3. Each night ensure you remove your boot liners and dry them out thoroughly over a heat register.
4. Each night ensure you dry out your gloves thoroughly over a heat register.
5. Pack an extra sweat shirt or sweater in the event you may need to add on a layer.
6. Make sure you have a good toque or helmet to keep your head warm, as you lose heat quickly through our head.
7. Ensure you have a good pair of goggles to protect your eyes if snow is falling.
8. Make sure you hydrate at each break. Dehydrating will cause you to lose body heat more rapidly than normal, causing discomfort faster.
9. Bring snacks to have during breaks so your body has a source of fuel and energy. Cold weather taps energy more rapidly than in warm weather.
10. Lastly, do not hesitate to approach the course conductor(s) and advise them of your situation if you are feeling cold or need a break. If you are focusing on how cold or hurt you are you are not able to effectively learn and participate.
11. The course conductor(s) are here to help you achieve and succeed.