

# KIDDY SNOW TEAM SNOW MISSION LOG BOOK



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Do the Snow-Missions 1-6 and  
become a member of the  
**KIDDY SNOW TEAM!**

This booklet belongs to:

My name: .....

My date of birth: .....

Contact person (in case of emergency):

First name: .....

Surname: .....

Tel: .....

Accommodation (incl.address): .....

.....

**Mission 1:** Basic skills

**Mission 2:** Snowplough turn

**Mission 3:** Parallel turn

**Mission 4:** Adventure tour

**Mission 5:** Fun park, moguls, ski race

**Mission 6:** Freeriding

Simply mark the correct answer of your  
mission ☒



## Snow-Mission 1

### Basic skills

Accustom to the equipment, ski straight ahead, slow-down with the snowplough.

#### Quiz question 1:

How can you go uphill with your skis?

- With the Duck-walk
- With your ski tips pointing downwards

#### Quiz question 2:

What do you do with your skis while braking?

- „Schuss“
- „Pizza“



Skiing instructor: .....

Date: .....

Signature: .....

## Snow-Mission 2

### Snowplough turn

Snowplough turn – learn to ski curves with rhythmic changes without losing control.

#### Quiz question 1:

How can you go sideways uphill with your skis?

- With sidesteps
- With the ski tips pointing upwards

#### Quiz question 2:

How can you ski an amazing curve?

- By leaning into the curve
- By leaning onto the curve like a tree in the wind



Skiing instructor: .....

Date: .....

Signature: .....

## Snow-Mission 3 Parallel turn

Learn the parallel control of the skis and the use of the edges as well as the hockey stop.

### Quiz question 1:

How do you navigate your ski around the gate?

- By stretching your knees first and then bending them
- By skiing upright

### Quiz question 2:

How do you use your edges in the best way?

- By bringing your weight through bending your knees onto the skis while leaning your body over the skis in the direction of the valley
- By bringing your weight backwards



Skiing instructor: .....

Date: .....

Signature: .....

## Snow-Mission 4 Adventure tour



Your first day outside of the playground. Experience your first adventure on the ski piste and learn to act according to the FIS-behavioural.

### Quiz question 1:

How do you choose your speed on the ski piste?

- Always matched on the slope and the safety
- At full throttle

### Quiz question 2:

Where do you stop if you are tired?

- Somewhere on the ski piste
- At the edge of the ski piste, on a clearly arranged spot, not below a knoll

Skiing instructor: .....

Date: .....

Signature: .....

## Snow-Mission 5

Funpark, moguls, ski race

Specialize yourself in the ski technique – learn at moguls, terrain parks and to ski between gates during a ski race.

### Quiz question 1:

How do ski moguls?

- By bending your knees and leaning your upper part of the body to the front
- By doing a layback

### Quiz question 2:

What do you need to mind if you jump over a ski ramp?

- That you are able to see the place where you are going to land and always adjust your speed according to your skills
- With full throttle over the ski ramp



Skiing instructor: .....

Date: .....

Signature: .....

## Snow-Mission 6

Freeriding

Now you are a specialist – learn to ski on deep powder snow and act according to the avalanche situation.



### Quiz question 1:

Which equipment do you need if you are ski on a deep powder snow?

- ABS- backpack, avalanche transceiver, collapsible probe, shovel
- A cap and sunglasses

### Quiz question 2:

How many risk levels are on the avalanche risk table?

- 5
- 9



Skiing instructor: .....

Date: .....

Signature: .....

# Congrats!

You have reached your Snowteam-Status  
and you are now an official member in the

**KIDDY SNOW TEAM!**



Skiing instructor: .....

Date: .....

Signature: .....

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