

HEALTHY HABITS FROM SNOW SCHOOL PROS

This document shares some helpful tips from our instructors for staying on snow all season.

Self-care

During peak periods, the physical demands of teaching lessons day after day can add up quickly and wear us out. It's important to fuel your body with nutritious foods, keep hydrated and get plenty of sleep.

- Visit a physio/massage therapist throughout the season as needed
- Treat yourself and relax achy muscles by soaking in a warm bath or by going for a swim
- Develop a consistent stretching routine
- Exercise regularly

Radu: "I see a physio/massage therapist if I ever feel a tweak in my body or something doesn't feel quite right. Getting treated early prevents it from developing into a more serious issue."

Bob: "I focus on clean eating and staying hydrated all season long." Bob starts his morning with a stretching routine and a tall glass of water each morning. In addition, he avoids stimulants such as coffee and energy drinks.

Steve: "Don't wait to be tired to catch up on sleep, instead incorporate a regular sleep schedule into your daily routine."

Reiko: "To help with blood circulation in my feet, I take footbaths with Epsom salts while doing computer work at home".

Sometimes little things like having a fresh base layer and socks each day help keep us feeling good.

Equipment

Proper equipment can amplify your performance and take your technique to the next level. More importantly, well-adjusted gear helps prevent unnecessary injury by supporting commonly used body parts through proper alignment and allows for effortless mobility.

Boots are your most important piece of ski equipment. It is through your boots that all the energy from your body is communicated to your skis. If that communication isn't precise, you are using extra energy to compensate, which can add up over a season.

Tuned skis/boards that are the correct length, width, and are appropriate for the type of lesson you are teaching similarly reduces the amount of effort required for your work.

Bob: "I always have a file and a stone in my pocket". Bob checks his gear regularly to make sure his edges are consistently sharp and is prepared to adjust them when necessary.

Radu: "People laugh because I am so meticulous about my boots. But it is the most important piece of equipment. If your boot doesn't fit right, your skiing will be inefficient and can be unsafe."

Steve: "Equipment affects performance". Be prepared for the job by maintaining your equipment.

Technique & Training

Keep your skills sharp by taking advantage of our fantastic training programs. Morning sessions are a quick and easy way to develop your abilities, explore terrain, and meet others that share your passion for snow sports.

An understanding of how our actions affect our ski/board-snow interaction allows us to conserve energy by paying attention to our movements. As we are in motion all day, it is sensible to be as efficient as possible in what manner we move.

Tactics

Making the best decision means exposing you and your guest to the right situation, at the right time and in the right way.

Develop your own personal set of standards that you always follow and practice self-discipline. These rules should apply to all your lessons, regardless of skill level or personality types. Examples of this could include: habitually downloading at the end of the day to avoid crowds, regular water breaks, no off-piste skiing in risky conditions, always ending the day with a cool down on an easy run, no double blacks after 2pm, etc.

Pace your lessons to maintain your strength. Use terrain, lifts, restaurants, and points of interest to your advantage and in order to create several small rest opportunities. How is terrain selection going to change in relation to your physical state? How is your teaching style going to change? How many demonstrations are appropriate given your circumstances?

Tactical choices can go a long way in maintaining energy levels over the season.

Radmillo: "Deliberate planning about how you navigate your group across the resort helps to maintain energy levels so use the terrain to your advantage. Going for longer runs keeps kids engaged and having fun. Using gondolas and the Peak to Peak creates opportunities for small breaks without necessarily making it feel like one. "

Flor: "By teaching different types of lessons, from child to adult, I am able to maintain balance in my work and not wear out the body by avoiding repetitive movement patterns."

Steve: "Commit to the obligation and prepare for your lesson in advance. Envision what the lesson will look like. What terrain will you be using, what are the current conditions and how will they change?"

Additional Resources

Stay All Season Physiotherapy Program (SAS)

Free access to up to 4 physio sessions per season.

ACL Strong Program

Staff in the program go through modules to strengthen their core and knee. Helps staff to prevent injuries through the season.

Mind, Body, and Wellness Online Tools

Low cost or free apps designed to help support wellness

https://vailresorts.service-now.com/hrportal?id=knowledge&sys_id=b1359499db47a700ff2890e5db96198e

Stress Management

The following resources for both you and your coworkers to help proactively manage stress before it starts to negatively impact your mood.

https://vailresorts.service-now.com/hrportal?id=knowledge&sys_id=5aa2d495db47a700ff2890e5db961987

Healthy Habits

Making small improvements on your daily routine can make a big difference in your overall health. The effects of habits consistently multiple as we repeat them over time. We are the habits we repeat; so let's work on implementing small changes to expand our health, happiness and resilience.

https://vailresorts.service-now.com/hrportal?id=knowledge&sys_id=bf907d721b89e0d045234082b24bcb32

Employee Assistance Program (EAP)

The Vail Resorts EAP through ComPsych is available to Vail Resorts employees, dependents, and household members.

https://vailresorts.service-now.com/hrportal?id=knowledge&sys_id=9a0c03fedb6b4850111c7608f4961955

SKIRAD App

SKIRAD is a pre-habilitation fit for snow guide that aims to provide users with relevant risk assessment awareness, practical advice and exercise solutions to reduce injury risk.