



## TEACHING IN FREESTYLE TERRAIN

When teaching in the terrain park, safety is paramount, and the various points of safety and etiquette should be discussed with riders prior to entering the park:

- Respect the Alpine Responsibility Code
- Use spotters on jumps and hand signals ("O" for jump open, "X" for jump not open).
- Take a warm-up / park familiarity run.
- Do not stop below the landings of jumps; using "stop zones" to stop safely out of the flow of traffic.
- Always call your drop-ins.

## BLIND SPOT AWARENESS

When introducing a new manoeuvre, tactic, or terrain, students should be made aware of their reduced field of vision. Fear, uncertainty, environmental aspects, speed and the complexity of the manoeuvre can lead to "tunnel vision". Even for experienced riders, peripheral vision is narrowed down to the required task. Therefore, raising this point is fundamental to the safe execution of new tasks.



### BLIND SPOTS

Toe and heel side turns have different fields of vision.