



Ski Skills Questionnaire

In order to make sure that your skills are appropriate for the trip you intend please provide the following information.

Years downhill/alpine skiing

Years backcountry Skiing

Fitness Level

Training Program (if any)

What equipment will you be using?

Randonee

Telemark

Downhill

Type/Brand of Skis

Type/Brand of Boots

What slope angle (in degrees) can you accomplish the following techniques comfortably:

Uphill kick turns on	20	30	40
Downhill kick turns	20	30	40
Hold a steady traverse on	20	30	40
Wedge turn on	20	30	40
Christie turn on	20	30	40
Parallel turn on	20	30	40
Telemark turn on	20	30	40

Have you skied before with a:

Daypack

Overnight pack

Multiday pack

Do you have winter camping experience?

Do you have any formal avalanche rescue training

Do you feel competent to conduct a beacon search in the event of an avalanche?

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