



Are You Aware?

Skier/Rider Safety Education Program

Mt. Hood Meadows is committed to safety education and increasing slope safety awareness. Our primary goal is educating, promoting personal responsibility and raising the awareness of the Skier/Rider Responsibility Code.

Last season we continued the successful "Are You Aware?" Skier/Rider Safety Education Program. Through out the season we focused on enforcement and education, with a large emphasis on key congested areas.

When we first began the program several years ago those in various racing programs were frequent visitors in our Safety Education courses. Word quickly got out that we were serious; especially about speed control on certain runs and intersections. Owing to the efforts of all, last season we had very few individuals from the competition community who attended the education program. We thank you for your support and look forward to your continued cooperation.

Competitors at Mt. Hood Meadows are highly visible and identifiable. Like it or not you are seen as representatives of both the sport and Mt. Hood Meadows by many of our guests. Those of you in the racing community are looked up to by many of our guests and employees. We look to you to set an example of responsible behavior and safety awareness.

We challenge you to be ambassadors for the "Are You Aware?" Program.

Know where the Comfort Zones and Slow Zones are and set the example:

- Obey all posted signs and warnings
- Have an up-right stance
- Look around and be aware of people and obstacles in your general vicinity
- Slow and controlled turns
- Maintain the speed of the general flow of traffic

Know The Code and pass it along.

1. Stay in control
2. People ahead have the right of way
3. Stop in a safe place for you and others
4. When starting downhill or merging look uphill and yield
5. Use devices to help prevent runaway equipment
6. Observe signs and warnings, and keep off closed trails
7. Know how to use the lifts safely



FREESTYLE TERRAIN



READ THIS!

FREESTYLE SKILLS REQUIRED

Choose option: **A. Helmets are Recommended**
B. Consider wearing a helmet

Freestyle Terrain may contain jumps, hits, ramps, banks, fun boxes, jibs, rails, half pipes, quarter pipes, snowcross, bumps terrain and other constructed or natural terrain features.

PRIOR to using Freestyle Terrain, you are responsible for familiarizing yourself with Freestyle Terrain and obeying all instructions, warnings and signs.

Freestyle skill required maintaining control on the ground, and in the air.

Freestyle Terrain has designations for size. Start small and work your way up. Designations are relative to this ski area.

SMALL

MEDIUM

LARGE

Smaller features

Medium features

Large features

MAKE A PLAN. Every time you use freestyle terrain, make a plan for each feature you want to use. Your speed, approach and take off will directly affect your maneuver and landing.

LOOK BEFORE YOU LEAP. You are responsible for inspecting Freestyle Terrain before initial use and throughout the day. The features vary in size and change constantly due to snow conditions, weather, usage, grooming and time of day. Do not jump blindly. Use a spotter when necessary.

EASY STYLE IT. Always ride or ski in control and within your ability level. Do not attempt Freestyle Terrain unless you have sufficient ability and experience to do so safely. You control the degree of difficulty you will encounter in using Freestyle Terrain, both on the ground and in the air.

RESPECT GETS RESPECT. Respect Freestyle Terrain and others. Only one person on a feature at time. Wait your turn and call your start. Always clear the landing area quickly. Respect all signs and do not enter Freestyle Terrain or use features when closed.

USE OF FREESTYLE TERRAIN EXPOSES YOU TO THE RISK OF
SERIOUS INJURY OR DEATH.
INVERTED AERIALS ARE NOT RECOMMENDED.
YOU ASSUME THE RISK.

Participant Signature: _____ Date: _____.

Parent/Guardian Signature: _____ Date: _____.

Participant Name: _____ Phone: _____.

Address: _____.

Team: _____ Coach's Initials: _____ Date: _____.