



FREESTYLE TERRAIN USERS GUIDE

terrainparksafety.org
Know It... Respect It... Use It.

FREESTYLE. SLOPESTYLE. SMARTSTYLE.

Play it safe when you use the park and pipe. Because nothing ruins a great day on the mountain like an injury. Read up. **GETSMART.**

FREESTYLE TERRAIN INCLUDES:

Jumps, hits, ramps, banks, fun boxes, jibs, rails, half pipes, quarter pipes, snowcross, bump terrain and other constructed or natural terrain features.

THIS IS THE SYMBOL FOR FREESTYLE TERRAIN:



STUFF TO KNOW:

Know **YOUR LIMITS** and ability level and select the appropriate Freestyle Terrain for you.

Your condition, speed, balance, body movements, alignment, trajectory and maneuver difficulty will **DIRECTLY AFFECT YOUR DESIRED OUTCOME.**

KNOW THE INTENDED USE of the Freestyle Terrain you have chosen. For example, some features are intended to be used in a series with no stopping and some individually with stopping areas; jump takeoffs are for jumping and rail takeoffs are for entering onto rails.

Your actions can take you out of balance and cause serious injury or death, no matter how the feature is designed or where you land. **LAND ON YOUR FEET!**

TRANSITIONS are changes in the shape and pitch of the snow or feature, or changes from one type of sliding surface to another. Transitions can be gentle or abrupt, and demand that users be alert and respond to them with accurate movements.

KNOW WHERE TO LAND. THE SWEET SPOT is between the "knuckle" and center of the landing zone. Even if you land on or near the sweet spot, you can still be seriously injured or die if your landing posture is not correct.

INVERTED MANEUVERS ARE NOT RECOMMENDED.

BE AWARE that features change constantly due to snow conditions, weather, usage, grooming and time of day.

READ AND OBEY ALL POSTED SIGNS, INSTRUCTIONS AND WARNINGS BEFORE USING FREESTYLE TERRAIN.

Some resorts designate features as **SMALL, MEDIUM AND LARGE.** Be aware these ratings are **DETERMINED BY SIZE, NOT DEGREE OF DIFFICULTY, AND ARE RELATIVE ONLY TO THAT RESORT.**

SMART STYLE

MAKE A PLAN. Every time you use Freestyle Terrain, make a plan for each feature you want to use. Your speed, approach and takeoff will directly affect your maneuver and landing.

LOOK BEFORE YOU LEAP. Scope around the jumps first, not over them. Know that your landings are clear, and clear yourself out of the landing area.

EASY STYLE IT. Start small and work your way up. **RESPECT GETS RESPECT.** From the lift line through the park.

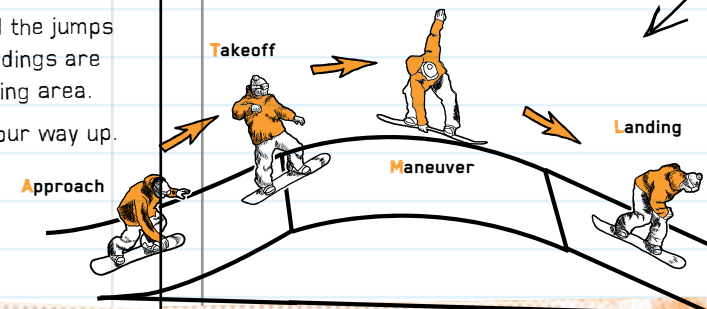
ATML™ METHOD

EACH FEATURE CAN BE BROKEN DOWN INTO 4 ZONES. Identify these zones and have a plan before using any Freestyle Terrain.

Approach zone is the space for setting your speed and stance to use the feature.

Takeoff zone is for making moves that start your trick. **M**aneuver zone is for controlling your body in the air and setting up for landing.

Landing zone is the prepared slope between the knuckle and the runout beyond it.



SMART
STYLE

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YOUR RESPONSIBILITY CODE

Always stay in control, and be able to stop or avoid other people or objects. People ahead of you have the right of way. It is your responsibility to avoid them. You must not stop where you obstruct a trail, or are not visible from above. Whenever starting downhill or merging into a trail, look uphill and yield to others. Always use devices to help prevent runaway equipment. Observe all posted signs and warnings. Keep off closed trails and out of closed areas. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.



*All photos property of Vail Resorts and Burton Snowboards.

FREESTYLE TERRAIN

STOP 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, snowcrosses, 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 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. 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 a 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.

