



HOW TO SKI?

SKI SUIT

Skiing helmet



Skiing gloves



LanLaKa



Ski goggles

Skiing jacket

Ski pants



SKI EQUIPMENT

Ski-boots



Ski poles



Skis



SNOWBOARD EQUIPMENT

Snowboard boots



Snowboard



How to put your ski boots in the skis?



How to walk in skiis?



How to get up after fall?



Driving position



DECALOGUE OF THE SKIER

- To reduce the number of ski accidents on the slopes, the International Ski Federation has developed the „Decalogue of the Skier”. It contains, like the Traffic Code for drivers, a set of rules for the correct behavior of skiers in the mountains. The content of Dialogue are simple recommendations, the knowledge of which will help to raise the driving culture and avoid unnecessary conflicts on the slope,

- 1.** Every skier and snowboarder should behave in a way that does not threaten anyone else and does not cause any damage.
- 2.** Control over the speed and driving style.
- 3.** Every skier and snowboarder must descend at a speed suited to his skills, type and condition of the route, weather conditions and traffic.
- 4.** Selection of the route path.
- 5.** The skier or snowboarder above the slope must choose a course to avoid any possibility of collision with the skier below the slope.
- 6.** You can overtake: from above, from below, from the right and from the left, but only at such a distance that will provide the overtaken skier enough space for all his maneuvers
- 7.** The skier who is going down the road or after stopping wants to move again is obliged to check looking up and down the slope, or he can do it without danger for himself and others.
- 8.** The skier can stop at places of narrowing and bad visibility only when absolutely necessary. After the fall, the skier must clear the track as quickly as possible.
- 9.** The skier may approach or descend only along the edge / edge of the route and in the event of poor visibility should leave the route.
- 10.** In the event of an accident, every skier (both witness and participant) is required to provide his personal data.





**TIME FOR A LITTLE BIT OF
HISTORY**



SKIS IN THE PAST



SKIS NOW



SKI-BOOTS



SUITS



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EARLIER



SUITS



NOW



**WHAT WE CAN DO IN
WINTER?**



FUN IN THE SNOW



SLEIGH RIDE AND FIRE



MAKING A SNOWMAN



ICE SKATING, SLEDDING



ICE HOCKEY





Thanks for watching !

