

Oak Hall

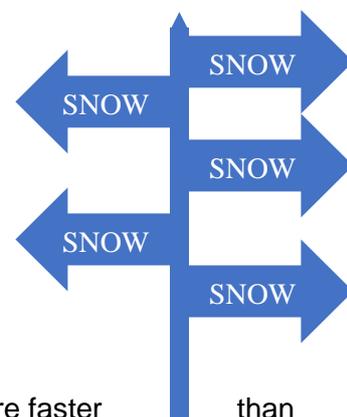
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'How to enjoy the mountain to the max!'

The mountains are fantastic and a winter holiday - especially with Oak Hall - is just so refreshing and exhilarating! We got some top experts to prepare a page of suggestions for us - things that they wished people had said to them about 'how to enjoy the mountain to the max - safely!'

On the slopes

- Be aware of what is going on around you. A ski resort is a busy, bustling place. Just the same as driving a car, you need to be aware both of what you are doing as well as others.
- Be mindful of your poles (and skis when you're carrying them). Keep them close to your sides to limit the likelihood of tripping someone over or attacking an unsuspecting passer-by.
- Stay on the piste. This sounds obvious but it is important to stay on the piste and not go off into what might look like lovely snow but is in fact quite dangerous. Piste markers mark the edge of the piste.
- Keep a piste map with you so you know where you're going.
- Pay attention to signs and warnings, they are there for a reason so take note and heed the advice given. You should also stay out of closed runs or restricted areas!
- The skier/boarder in front of you has right of way, it is your responsibility to react to them. Overtake slower piste users carefully, slowly and safely.
- Try to keep a consistent line going down the hill. Skiers/boarders behind you that are faster than you are trying to anticipate where you will go so they can pass you safely. If you take a sudden wide turn to one side it may take them by surprise. If you need to cut across the hill, look uphill before you make your move.
- If you need to stop in the middle of a run, avoid stopping just below a ridge and stop off to the side so you are not an obstacle to other skiers.
- Before you start down after you have stopped, look uphill to be sure the area is clear. If there are a lot of people coming down wait until traffic clears.
- If another skier falls and it is safe for you to do so, stop to get the equipment that is uphill of the crashed skier and bring it down to them.
- Always ski in a group or with at least one other person. Wait for everyone at the top of the lift and discuss where you are going, where you will stop and re-group.
- Know your limits. Whatever stage of skiing or boarding you are at, it is important to be aware of how fit you are, how your legs are feeling and when you should call it a day. It may be tempting (when you are gaining in confidence and competence) to just 'do one more run', but it may be best to leave it until the next day.



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In the lift line

- Watch others so that you know what to do (button, T-bar, chair lifts and gondolas all work in different ways. Ask someone more experienced to go on a new lift with you for the first time.)
- Make sure you know where the lift goes and plan your route down on pistes you feel comfortable on.
- Wait for friends BEFORE joining the queue. Don't queue jump!
- If the lift lines are long, try to join up with other groups or singles to fill the chairs.
- Keep an eye on your poles and skis and try not to slide over others' equipment.



On the lift

- After you get on the chair ask the others if they would like the bar down. Don't just pull it down without notice.
- Say hi to your fellow passengers.
- Before getting off the lift ask your fellow passengers which way they plan to go, left or right. If the people on the left are going right and the people on the right are going left it can get messy with all those skis and poles sticking up everywhere!
- After you get off the lift get far out of the way so others don't have to avoid you as they slide down the ramp. It's particularly hard for snowboarders so give them some extra room.