



## SKIER ABILITY AND FITNESS

### Skier Ability

The Backcountry is no place to learn to ski. Skinning uphill is a physically strenuous activity. If you are at all worried about your abilities on skis or your fitness level please read this document carefully. While these standards do not apply to some of our courses or all private trips, it is our expectation that if you don't meet these standards, your concerns should be thoroughly discussed with one of us at ITCOG before you are approved on a trip.

### **Skiing in the backcountry is not like skiing in a resort:**

First, there are no groomed trails and snow conditions can vary greatly. We will find everything from powder to breakable crust or even corn snow. A good guide will keep you skiing the best snow available. That said, backcountry skiing is not the resort and on some adventures you'll find that skiing tough conditions for short sections might be your best option.

There are no signs or marked hazards which makes it imperative that you are able to remain in control and to adjust your speed and direction at any time based on terrain and conditions.

We understand, as many people request, that skiing an open 32-degree bowl is ideal, and often we can accommodate that. Most days, however, you will have the most fun and ski the best snow if the guide has many options on the table. The stronger a skier you are the more options we have to give you the very best terrain and snow!

### Fitness Level

*2500'-3000' of Climbing in a day is the baseline Standard:*

We love to do big days, but backcountry skiing is our profession and we don't expect everyone to be able or even desire to put in a 7000' day. Most people who get regular exercise, are a healthy body weight and have a desire can have fun on one of our trips.

I always ask people what their average week of exercise looks like, and what is their biggest day of exercise in the past year. I look for a regular exercise program of 2-3 days a week and many weekends. Having a big activity like; a big hike or a long run, or experience backcountry skiing, are good indicators for adequate fitness.

### How We Can Help

We have lots of experience helping people get fit for trips. The last thing in the world you want is for your fitness to stop you from doing your trip of a lifetime. We are happy to work with you to establish a training program that fits your goals and lifestyle. If you can make it to Salt Lake City, we would love to take you out and give you an idea of where you are at both skiing- and fitness-wise. Don't forget if you have different abilities or a different agenda, we are always happy to do a private trip for you and your group.