PARK SAFETY and ETIQUETTE

Multiple Choice:

1. What is Park Smart?
   a) Mental Fortitude for going into the park
   b) Adrenaline Junky personality
   c) NSAA Safety Initiative
   d) Terrain Park rider intelligence level

2. Who is ultimately responsible for a Park Riders Safety?
   a) The Host resort
   b) The Terrain Park Crew
   c) The Individual Rider
   d) The Ski Patrol

3. How often should you inspect the park for changes?
   a. Once a season
   b. Once a month
   c. Multiple times a day
   d. When the mountain gets new snow

4. When inspecting a feature, what things are you NOT looking for?
   a. Inconsistencies in the grooming on the landing
   b. Matching angles of ramp and landing
   c. In-run speed
   d. Availability of a crowd for viewing

5. When inspecting the Half Pipe, what things are you looking for?
   a. Good viewing arena
   b. Consistent grooming and straight lip
   c. A place to put my back pack for lunch
   d. How the transition is shaped
   e. Both B & D
6. Traffic is a major part of terrain parks. Who has the right of way in a terrain park?
   a. The Downhill skier has the right of way
   b. The person hiking a feature
   c. The Person riding in the designed flow of that line of features
   d. The person(s) moving through the park in a collective horde

7. How do you know whom is going to hit a feature?
   a. The rider alerts everyone that they are “Dropping”
   b. The coolest looking person goes first.
   c. The one with their hand up signaling “they are next”
   d. The Person that is sitting On the in-run to the feature
   e. Both A & C

8. What is side jumping?
   a. Jumping from one side of the jump to the opposite side of the jump
   b. Jumping laterally from one foot to the other
   c. Using the mount ramp for a rail as jump instead of using the rail
   d. Using the jumps as chance to practice hiking practice

9. Why is side jumping not a safe practice?
   a. It overly degrades the shape of the mount ramp
   b. There is really nothing wrong with side jumping
   c. It crosses traffic flow patterns and collisions can occur
   d. It is the only way to practice small jumping regardless of consequence
   e. Both A & C

10. What indicator(s) signify when a feature is clear/open?
    a) A spotter gives you an “O” symbol with his/her arms
    b) You watch the skier/rider before you ski away from the landing
    c) Both A and B
    d) A spotter gives you a “X” symbol with his/her arms or poles

11. What are the “Witching Hours” of fatigue on the mountain?
    a) Just after breakfast and just before afternoon nap
    b) The very end of the day until just after happy hour
    c) Slightly after midnight and just before the sun rises
    d) Just before lunch and just before the end of the day
12. What are some signs that mental fatigue is beginning to set in? 
   a) You start foaming at the corners of your mouth 
   b) The speed awareness is getting difficult to judge 
   c) Not being able to land a “Pocket Trick” 
   d) Both B & C 

**Short Answer:**
13. What are the components to “Park Smart” how would you explain it to a student?

14. What are 3 movements or skills you would want to see in a student's riding or skiing before safely taking them into the park and why?

**Technical Knowledge**

**Multiple Choice:**

15. What is the meaning of “Outside-Inside”?
   a. Teaching Methodology present info outside the park before going into the park. 
   b. Refers to the focus of where the line of action moves 
   c. Completes the transition from turn to turn 
   d. Represents the history of freestyle
16. What Does A.T.M.L. stand for?
   a. Alignment, Tactics, Methodology, Learning
   b. Accurate, Teaching, Mechanics, Language
   c. Approach, Take-Off, Maneuver, Landing
   d. Attainable, Tricks, Make, Living

17. What does S.P.S. stand for?
   a. Spot, plan, send
   b. Stand, pretend, see
   c. Speed, P.O.P., spin
   d. Scrub, prime, scrub

18. When using the MA model. What are the components of a solid MA session?
   a. Utilizing the ATML, S.P.S., and Cause & Effect relationships
   b. Using an Observation & Description of behaviors
   c. Knowing what the intent of the rider is
   d. Extrapolating success of the intent based on Observe & Descript.
   e. All of the above

19. How can we use the ATML outside of the park?
   a. Using it to describe a method for doing anything
   b. Using it similar to the phases of a turn in snow-sports
   c. Using it to describe a different way to plan a movement pattern
   d. Using it to reference places to do things on the mountain
   e. All of the above

20. When building a progression for terrain park learning it is best to use what?
   a. The Building Block format
   b. Trial and error
   c. A huck and hope scenario
   d. The Static, Simple, Complex, Freeride tool
   e. Both A & D

21. Being body part specific, where does a spin originate?
   a. The Head
   b. The Legs
   c. The Core or Torso
   d. The Arms
22. When doing a boardslide/sideways slide it is best to.
   a. Slide off the end of the feature sideways and then straighten your board/skis once on the snow.
   b. Ride off the end of the feature and pivot your board/skis in the air to land with your board/skis straight.
   c. Jump high so you have more time to unwind and straighten your board/skis in the air before landing.
   d. Land sideways on your nose/tips and then straighten the board/skis before putting the nose down.

23. When dropping into the halfpipe from the lip you should try to.
   a. Jump off the lip to land in the flat bottom.
   b. Slide your board/skis over the lip but keep your upper body back over the deck.
   c. Slide over the lip with your board/skis pointed completely across the pipe.
   d. Start by sliding parallel to the lip and then ollie landing on the uphill edge as high on the wall as possible with your board/skis pointed 45 degrees across the pipe.

Short Answer:
24. List 4 tricks you could teach someone outside of the park before you ever bring them into the park. Then pick one and give a progression to be successful with it outside the park.

25. Using the CAP model describe 3 differences between an 8 year old and one of their parents the first time hitting a small park jump.
Progressions FS Level 1:
Build a minimum 4-step progression for a student’s first 180 over a small jump.

Build a minimum 4-step progression for a student’s first boardslide/sideways-slide on a flat box.
Progressions FS Level 2:
Build a minimum 4-step progression for a 360 spin on a 15-foot jump.

Build a minimum 4-step progression for a 50-50 on to a street-style rail.