

Getting Back Up

Often getting back up after a fall can be frustrating: skis, poles and limbs can be entangled. Teach the same routine when a fall happens to help your athletes learn the order of movements to get back up.

- Roll on to the back with legs and skis up in the air—like an overturned turtle.
- Drop onto one side with skis in a parallel position. If on a hill, drop on the downhill side across the fall line.
- Bring legs and skis close to the body.
- Crawl towards the tips of the skis.
- Kneel over the front of the skis with hands on the ground.
- Rise to one knee first, and then stand.
- Use arms and poles to assist in pushing up to standing position.

The following are a few scenarios that can complicate this situation:

If the athlete falls backward, then:

- Direct them to roll onto their back to free their lower body and skis—like an upside down turtle.
- Roll to one side and keeping skis parallel.
- Now the athlete can lean onto their hands and knees to stand back up.

If the limbs and equipment are entangled, then:

- Try to release their boots from the bindings and take off their poles.

If the athlete falls on an incline, then:

- Keep the skis parallel, perpendicular to the fall line and on the downhill side in order to get back up.

Be patient and help your athlete to remain relaxed and focused on return to their hands and knees to get back up. Encourage them to be independent and try their best before receiving help. It is tempting to help hoist them up, but give your athletes time to figure out their bodies and how to properly move them.

