



nordiq
CANADA



Bunyrabbit program

ACTIVE START

This booklet belongs to:

Welcome!

The bunnyrabbit program is about helping young skiers (age five and under) have fun on skis. Follow the lessons and adventures provided by the following menagerie of coaches who will show you some of the first skills to learn.

As your own coach sees you develop you will earn a sticker for each of these four skills:



FALLING AND RISING



DIAGONAL STRIDE

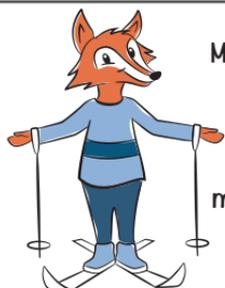


SIDE STEPPING AND HERRINGBONE



STAR TURN

DRESSED FOR SUCCESS



Moving around,
cold weather
and snow

make dressing
a challenge



too
cold!

too
hot!



too
wet!



can't
move!

THE WELL DRESSED RABBIT HAS:



Toque

Mittens
(not gloves)

Long
underwear



The Weeeee! Factor

Snow parks and ski playgrounds are the best places to have fun

and develop skills!



GETTING UP AFTER GOING DOWN

Falling is part of learning to ski



and so is getting up!

1. Let's roll onto our back



and untangle our skis

2. Make sure your skis are together



then roll to one side

3. Kneel forward over your skis



and...

4. Stand up!



Back to the activity

Getting from here → to there!

Even though you can kind of walk on skis



It's more fun to gliiiiiide!

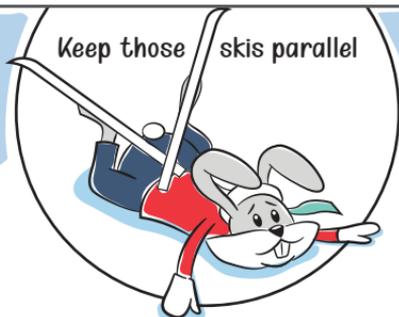


DIAGONAL STRIDE

Start with shuffling your feet forward



Keep those skis parallel



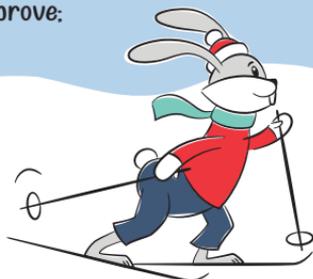
Try in the tracks and out



Try to stand on one ski at a time while gliding



As you improve:



Try to glide a little more with each step

Now let's play some games!



Hey moms + dads

The best way to learn to glide is playing in the ski park.

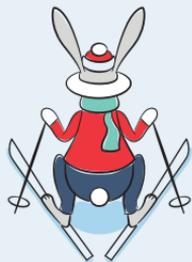
An overly long excursion may not be much fun for little skiers



And trying different challenges!

Climbing to new heights

There are a couple of ways to climb on skis



SIDE STEPPING



Stand with your skis side by side across the hill

Not up...



Or down...



Take many small steps sideways



AND HERRINGBONE

(A faster way to climb)



Face straight up the hill

Keep tips apart

tails together

Move one ski forward and then the other



and...

Hey coach bear; why do I have poles?

Poles can help with balance



and to push

Make sure you hold the pole and strap



How do I change direction?



It all starts with balance...

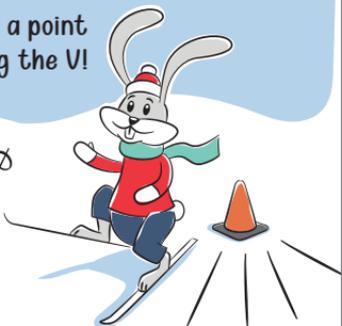
Imagine holding a heavy giant carrot with both hands!



TO MAKE A STAR TURN...

Make a V shape with your skis

Move around a point keeping the V!



Run through a maze of ski poles

Some fun tips

Get out and **PLAY** often on skis:



Bring a tow rope for tired skiers:



Try lots of different challenges...It's okay to fall down!

Some do's and don't's for a fun ski!

COLOUR THE PAGE



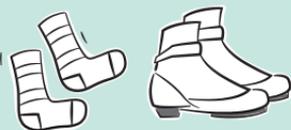
Ski and play in the sun!



Don't hold it in.



Put on dry socks and ski boots just before skiing



Damp feet



Dry feet



Bring snacks

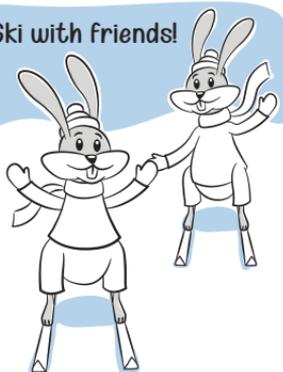


Don't go too far



Try to put your back to the wind

Ski with friends!



Don't ski in the parking lot



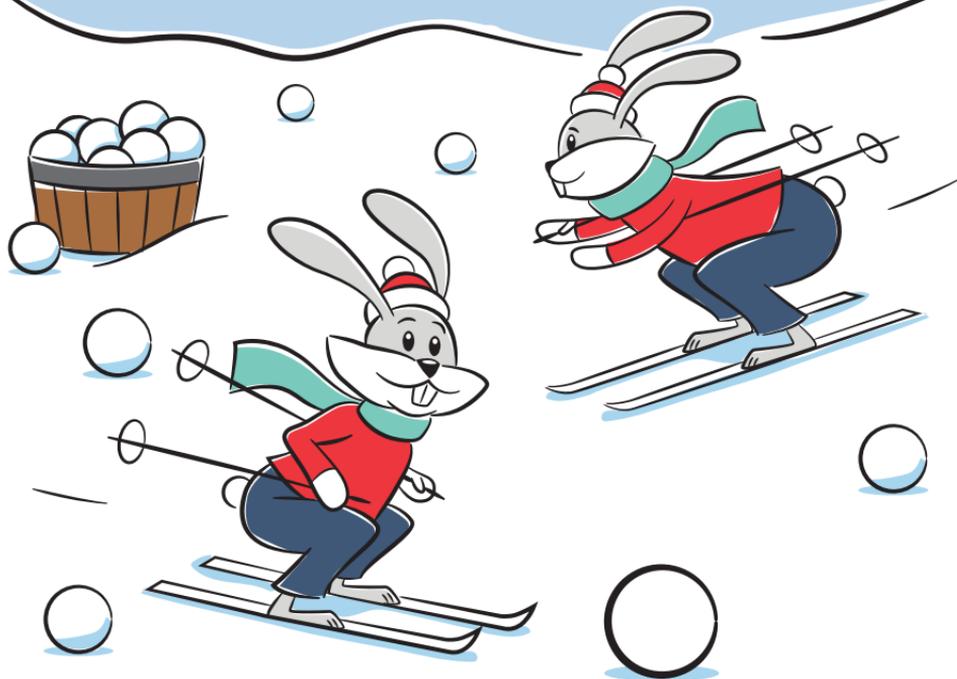
or on gravel

Take breaks



Play as a family





Bunnyrabbit program award

Place sticker below!

