

CMH HELI-SKIING SKIER ABILITY FORM



FIRST & LAST NAME	LODGE	ARRIVAL DATE DD/MM/YY	DEPARTURE DATE DD/MM/YY	

I AM A: **AVG # FULL DAYS / SEASON:**

SKIER **TELEMARKER** **I USUALLY SKI AT (RESORT OR BACKCOUNTRY AREA)**

I HAVE HELI, CAT OR BACKCOUNTRY SKIED BEFORE:	Y N	<input type="text"/>	I OWN MY OWN BOOTS:	Y N	<input type="text"/>	<input type="text"/>
		# FULL DAYS			MY HEIGHT	MY WEIGHT

Please take 5 minutes to review and answer the questions below - keep in mind you are answering based on your true ability, not the ability of the other guests with whom you wish to ski.

MY SKIING EXPERIENCE // Please check one of the following options that best describes your current ability

<ul style="list-style-type: none"> ◆ NO PROBLEM, EVEN IN CHALLENGING SNOW CONDITIONS ◆◆ NO PROBLEM, EVEN IN CHALLENGING SNOW CONDITIONS 🌲 I SEEK OUT TREE SKIING, THE STEEPER THE BETTER 	<p>I have outstanding technique and extensive off-piste or backcountry skiing experience. I ski at a very fast, aggressive and athletic pace in even the most challenging alpine and treed terrain, and tough snow conditions. I have no difficulty navigating through any terrain on the mountain. I like to ski non-stop runs all day long.</p>
<ul style="list-style-type: none"> ◆ NO PROBLEM, EVEN IN CHALLENGING SNOW CONDITIONS ◆◆ NO PROBLEM, ALTHOUGH I MAY SLOW DOWN A BIT IN CHALLENGING SNOW CONDITIONS 🌲 I SEEK OUT TREE SKIING 	<p>I have expert technique and extensive off-piste or backcountry skiing experience. I ski at a fast, aggressive pace, and I am able to confidently navigate any alpine and treed terrain. I may slow down a bit in the most challenging snow conditions but I maintain a strong and fluid pace. I like to ski long pitches all day long.</p>
<ul style="list-style-type: none"> ◆ NO PROBLEM, ALTHOUGH I MAY SLOW DOWN A LITTLE BIT IN CHALLENGING SNOW CONDITIONS ◆◆ I ENJOY SKIING THEM AT A MORE CAUTIOUS BUT CONTINUOUS PACE 🌲 I ENJOY TREE SKIING 	<p>I have strong technique and frequently ski off-piste or backcountry. I ski at a fast pace and I am able to navigate any alpine and treed terrain. I ski cautiously when snow conditions are challenging, but I am able to maintain a continuous rhythm and pace. I like to ski long pitches with occasional breaks to rest.</p>
<ul style="list-style-type: none"> ■ NO PROBLEM, EVEN IN CHALLENGING SNOW CONDITIONS ◆ I ENJOY SKIING THEM. I AM MORE CAUTIOUS IN CHALLENGING SNOW CONDITIONS, BUT I AM ABLE TO MAINTAIN A CONTINUOUS PACE ◆◆ I SKI THEM SLOWLY AND CAUTIOUSLY WITH OCCASIONAL STEM TURNS AND TRAVERSES, BUT I CAN MAINTAIN A FLUID RHYTHM 🌲 I ENJOY TREE SKIING, BUT I AM CAUTIOUS WHEN SNOW CONDITIONS ARE CHALLENGING 	<p>I have good technique and I frequently ski off-piste or backcountry. I ski at a fast pace in easy to moderate terrain and groomed runs. I slow down and can be hesitant in challenging alpine and treed terrain and tough snow conditions, relying on occasional stem turns and traverses, but still maintaining a continuous pace. I like to ski moderately long pitches with occasional breaks to rest.</p>

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MY SKIING EXPERIENCE CONTINUED //

- NO PROBLEM, EVEN IN CHALLENGING SNOW CONDITIONS
I have good technique on groomed runs but **little to no powder snow**, off-piste or backcountry skiing experience. I ski at a moderate to fast pace in easy and open terrain and on groomed runs. I slow down significantly in challenging or treed terrain and in tough snow conditions, relying on stem turns and traverses to get down the slope.
- ◆ I SKI THEM CAUTIOUSLY WITH OCCASIONAL STEM TURNS AND TRAVERSES IN TOUGH SNOW CONDITIONS, BUT I CAN MAINTAIN A FLUID RHYTHM
- ◆◆ I CAN BE INTIMIDATED BY THEM AND I SKI THEM VERY CAUTIOUSLY
- 🌲 I MAY SKI THE TREES OCCASIONALLY IN GOOD SNOW CONDITIONS

- I ENJOY SKIING THEM
I have good technique on easy groomed runs but **no powder snow**, off-piste or backcountry skiing experience. I am intimidated by challenging terrain and snow, and I find it difficult to link consecutive turns down the fall line in these conditions. I need a relaxed pace with plenty of breaks.
- ◆ I SKI THEM OCCASIONALLY BUT SLOWLY AND CAUTIOUSLY, WITH DIFFICULTY LINKING TURNS DOWN THE FALL LINE
- ◆◆ I AVOID THEM
- 🌲 I GENERALLY AVOID TREE SKIING

EXTRA COMMENTS ON SKIING ABILITY:

While CMH will make every effort, we cannot guarantee that friends & family will be able to ski together even if you rate yourselves similarly. To ensure the safety & efficiency of the ski program, CMH reserves the right to make changes as required to match guest ability and fitness, as well as total weight for safe helicopter performance, among other concerns.

I SKI AT THIS PACE //

AGGRESSIVE & FAST
I don't need a break

STRONG & STEADY
I maintain a consistent pace

MODERATE
I need occasional stops

RELAXED / CAREFUL
I like to take my time

GENERAL FITNESS (OUTSIDE OF SKIING) //

General fitness activities such as mountain biking, boot camp, running and/or similar.

REGULAR EXERCISE
5x + / week for a minimum of 1 hour

MODERATE EXERCISE
3x / week for a minimum of 1 hour

MINIMAL EXERCISE
< 3x / week for a maximum of 1 hour

LIST ACTIVITIES:

Heads up!

If you've overestimated your ability or fitness and can't keep up with your group, we reserve the right to ask you to stay at the lodge or leave the area before your trip ends.

Thank you for taking the time to complete this form, which will help us provide you with a safe and unforgettable experience!