

# CMH HELI-SKIING SNOWBOARD ABILITY FORM



FIRST & LAST NAME		LODGE	ARRIVAL DATE DD/MM/YY	DEPARTURE DATE DD/MM/YY
I USUALLY RIDE AT (RESORT OR BACKCOUNTRY)		AVG # FULL DAYS / SEASON	I HAVE HELI, CAT OR BACKCOUNTRY BOARDED BEFORE: Y N	# FULL DAYS
I OWN MY OWN BOOTS:	STANCE:	I NEED TO RESERVE A SNOWBOARD:		
Y N	REG GOOFY	Y N	BOARD LENGTH	MY WEIGHT
PREFERRED ANGLES FOR RIDING: (CMH DEFAULTS +15/-5)		I CAN COMFORTABLY TRAVERSE SINGLE TRACK HEELSIDE / TOESIDE / SWITCH:		Y N
	FORWARD	BACK		

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 or ride.

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

<ul style="list-style-type: none"> <li>◆ NO PROBLEM, EVEN IN CHALLENGING SNOW CONDITIONS</li> <li>◆◆ NO PROBLEM, EVEN IN CHALLENGING SNOW CONDITIONS</li> <li>🌲 I SEEK OUT RIDING IN THE TREES, THE STEEPER THE BETTER</li> </ul>	<p>I have <b>outstanding</b> technique and extensive off-piste or backcountry riding experience. I ride at a very fast, aggressive and athletic pace even in the most challenging alpine and treed terrain, and tough snow conditions. I have no difficulty navigating through traverses or flat sections. I like to ride non-stop runs all day long.</p>
<ul style="list-style-type: none"> <li>◆ NO PROBLEM, EVEN IN CHALLENGING SNOW CONDITIONS</li> <li>◆◆ NO PROBLEM, ALTHOUGH I MAY SLOW DOWN A BIT IN CHALLENGING SNOW CONDITIONS</li> <li>🌲 I SEEK OUT RIDING IN THE TREES</li> </ul>	<p>I have <b>expert</b> technique and extensive off-piste or backcountry riding experience. I ride at a very fast, aggressive pace. I enjoy and am able to confidently navigate any alpine and treed terrain, even traverses and flat sections. I may slow slightly in the most challenging snow conditions but I maintain a strong and fluid pace. I like to ride long pitches all day long.</p>
<ul style="list-style-type: none"> <li>◆ NO PROBLEM, ALTHOUGH I MAY SLOW DOWN A LITTLE BIT IN CHALLENGING SNOW CONDITIONS</li> <li>◆◆ I ENJOY RIDING THEM AT A MORE CAUTIOUS BUT CONTINUOUS PACE</li> <li>🌲 I ENJOY RIDING IN THE TREES</li> </ul>	<p>I have <b>strong</b> technique and frequently ride off-piste or backcountry. I ride at a fast pace and I am able to navigate any alpine and treed terrain, but can find traverses or flat sections challenging. I ride cautiously when snow conditions are tough but I am able to maintain a continuous rhythm and pace. I like to ride long pitches with occasional breaks to rest.</p>
<ul style="list-style-type: none"> <li>■ NO PROBLEM, EVEN IN CHALLENGING SNOW CONDITIONS</li> <li>◆ I ENJOY RIDING THEM. I AM MORE CAUTIOUS IN CHALLENGING SNOW CONDITIONS BUT I AM ABLE TO MAINTAIN A CONTINUOUS PACE</li> <li>◆◆ I RIDE THEM SLOWLY AND CAUTIOUSLY, BUT CAN MAINTAIN A FLUID RHYTHM</li> <li>🌲 I ENJOY RIDING IN THE TREES, BUT I AM CAUTIOUS WHEN SNOW CONDITIONS ARE CHALLENGING</li> </ul>	<p>I have <b>good</b> technique and I frequently ride off-piste or backcountry. I ride 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. I find traverses and flat sections challenging, but I can still maintain speed to continue moving. I like to ride moderately long pitches with occasional breaks to rest.</p>

# CMH HELI-SKIING SNOWBOARD ABILITY FORM



## MY RIDING 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 riding experience. I ride 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. I am challenged by traverses and flat sections.
- ◆ I RIDE THEM CAUTIOUSLY WITH AN OCCASIONAL SPEED CHECK AND TRAVERSING IN TOUGH SNOW CONDITIONS, BUT I CAN MAINTAIN A FLUID RHYTHM
- ◆◆ I CAN BE INTIMIDATED BY THEM AND I RIDE THEM VERY CAUTIOUSLY
- 🌲 I MAY RIDE IN THE TREES OCCASIONALLY IN GOOD SNOW CONDITIONS

- I ENJOY RIDING THEM  
I have good technique on easy groomed runs but **no powder snow**, off-piste or backcountry riding 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 RIDE THEM OCCASIONALLY BUT SLOWLY AND CAUTIOUSLY, WITH DIFFICULTY LINKING TURNS DOWN THE FALL LINE
- ◆◆ I AVOID THEM
- 🌲 I GENERALLY AVOID RIDING IN THE TREES

## EXTRA COMMENTS ON MY RIDING ABILITY:

While CMH will make every effort, we cannot guarantee that friends & family will be able to ski and ride together even if you rate yourselves similarly. To ensure the safety & efficiency of the ski and snowboard 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 RIDE 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 SNOWBOARDING) //

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!**

For more information: 1-800-661-0252 | info@cmhheli.com | cmhheli.com | #cmhheli