



# Bunnyrabbit program

ACTIVE START

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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!

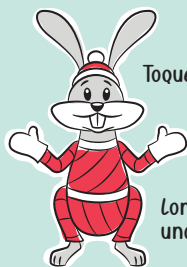


too  
wet!



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



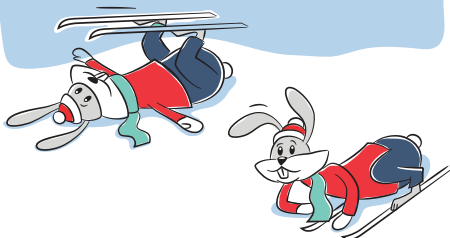
and so is getting up!

### 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!

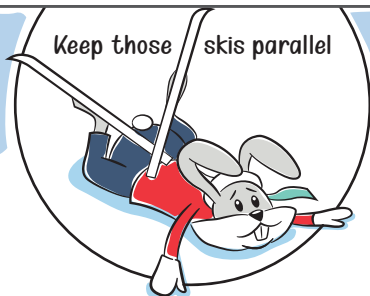


## DIAGONAL STRIDE

Start with shuffling  
your feet forward



Keep those      skis parallel

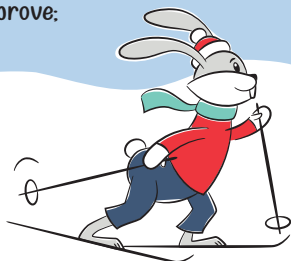


Try to stand on one ski  
at a time while gliding

Try in the tracks  
and out

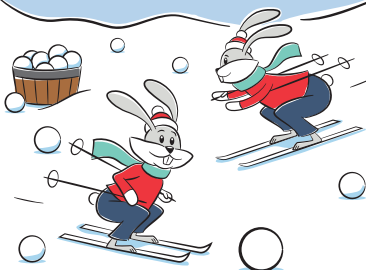


As you improve:



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.



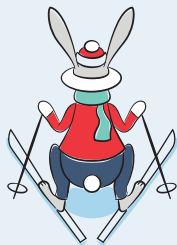
An overly long excursion may  
not be much fun for little skiers



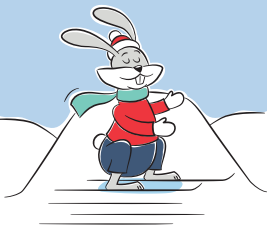
And trying different challenges!

# Climbing to new heights

There are a couple of ways to climb on skis

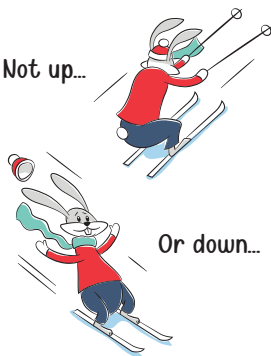


## SIDE STEPPING



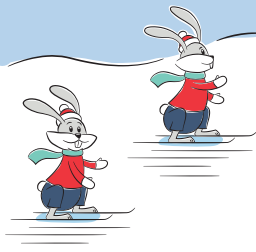
Stand with your skis side by side across the hill

Not up...



Or down...

Take many small steps sideways

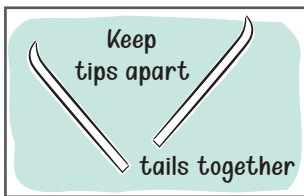


## AND HERRINGBONE

(A faster way to climb)



Face straight up the hill

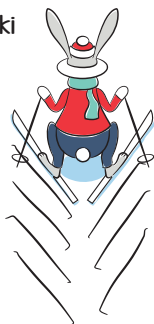


Keep tips apart

tails together

and...

Move one ski forward and then the other



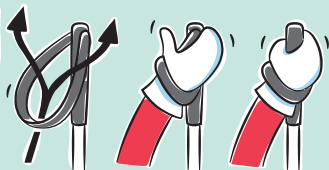
## Hey coach bear; why do I have poles?

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...

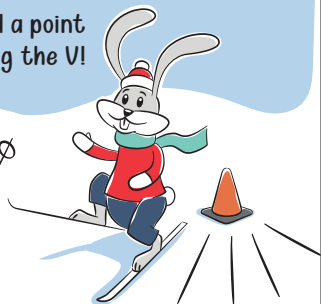
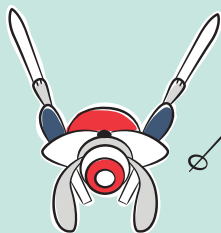
Imagine holding a heavy giant carrot with both hands!



## 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**



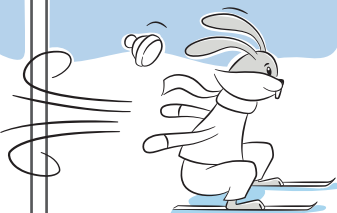
**Ski and play in the sun!**



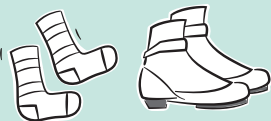
**Don't hold it in.**



**Pee  
before  
you ski!**



**Put on dry socks and ski boots just before skiing**



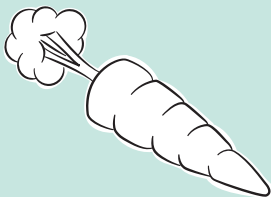
**Damp feet**



**Dry feet**



**Bring snacks**

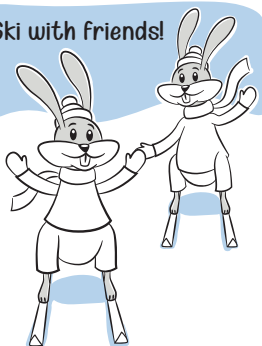


**Don't go too far**



**Try to put your back to the wind**

**Ski with friends!**



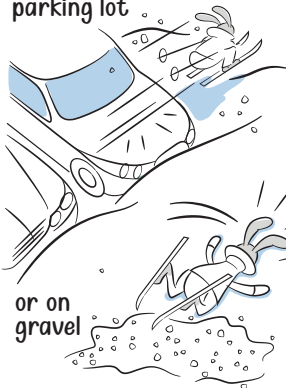
**Take breaks**



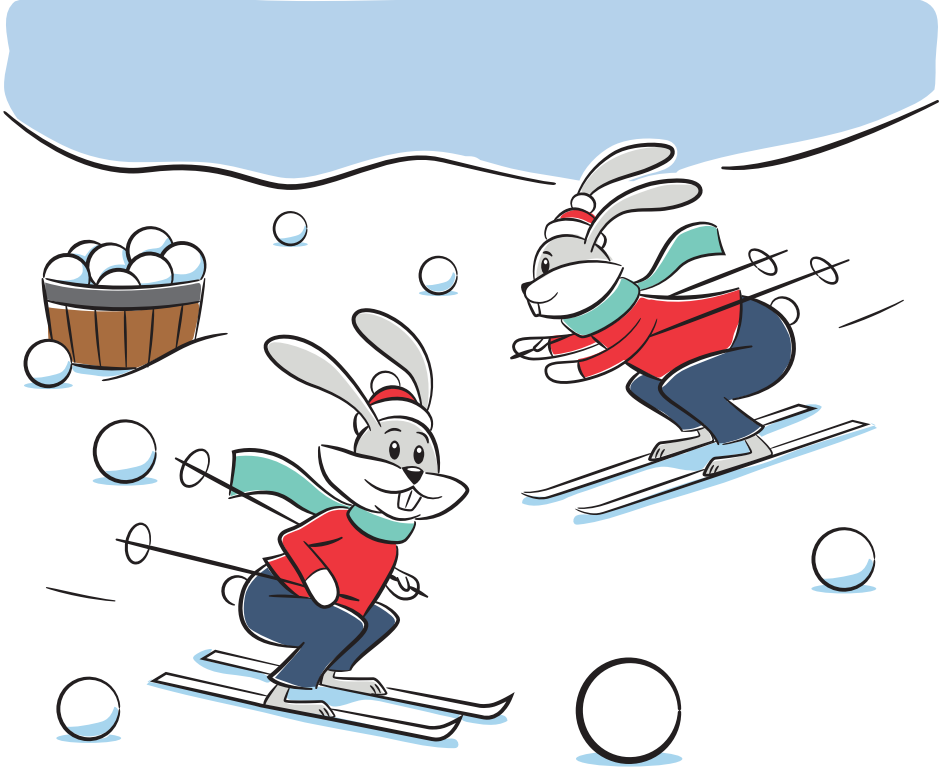
**Play as a family**



**Don't ski in the parking lot**



**or on gravel**



## Bunnyrabbat program award

Place sticker below!

