

# How to Get Up After a Fall in Deep Powder Snow

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One of the joys of snow skiing is experiencing the thrill of skiing in deep powder--that is, until you fall. Returning to vertical in over 3 feet of light, fluffy snow can be challenging at best. Here's a professional ski instructor to describe the best (and safest) way to get back up on your skis after falling in deep snow.

Difficulty: Moderate

## Instructions

things you'll need:

- A pair of skis, boots and poles
- A flat to moderately steep slope
- 2 or more feet of untracked snow

- 1 After falling in deep snow, the first thing to do is to give yourself the once over for injuries.
- 2 Assuming that nothing is bent, scraped or broken, check to see if your feet are still attached to your skis. This technique can be applied with or without your feet attached to your bindings, but it is easiest if one foot has released from your skis.
- 3 If both of your feet are still attached to your bindings, use your pole to release the uphill foot from its binding.
- 4 Remove your ski pole straps from your wrists and hold both poles together in the center of the shafts.
- 5 Rotate one ski pole until it is perpendicular to the other pole, forming a large "X". Hold onto the center of the X with one hand, being careful to maintain their position.
- 6 Place your crossed ski poles slightly uphill and in front of you and roll all of your weight against the crossed poles. The poles will act like a temporary snowshoe and allow you to put resistance against the snow without sinking.
- 7 Once you're in a standing position, click your uphill ski boot into your binding, put your ski pole straps over your wrists and push off!

## Tips & Warnings

- When you first practice getting up in powder, it's actually easier if you are on a moderately steep ski slope than on the flat.
- If your body is downhill of your skis, swing your skis around until they are below you. It makes getting up much easier.
- Never try to push against the soft snow with just your hand--you'll sink down into the snow and could actually suffocate.
- If you've lost one of your skis, locate it as soon as you stand up. See the link below for instructions on how to locate a ski in deep snow.

## Resources

- [How to Get Up On One Ski](#)
- [How to Ski Crud Like an Expert](#)