

How to Get Up On One Ski

By Allen Smith, eHow User



Once upon a time, when snow skis were taller than you, getting up after a fall merely entailed doing a simple sit-up. Today, skis are much shorter, making it difficult (if not impossible) to get up without first taking off a ski. Here's the easy way to do it.

Difficulty: Moderately Easy

Instructions

things you'll need:

- A flat to moderate ski slope
- A pair of contemporary snow skis
- Abdominal strength
- Lots of patience

- 1 After you've fallen, the easiest way to get back up is collect your thoughts, take a deep breath and get oriented.
- 2 Pivoting on your behind, scoot your skis together so that they are pointing across the hill, perpendicular to the fall line.
- 3 Grabbing one ski pole by the handle, put the tip of the ski pole into the heel release slot behind your boot and push until the heelpiece releases. Remove your boot from the binding. Ideally, try to release the uphill boot from the binding rather than the downhill boot.
- 4 Leaving the ski directly underneath you, roll forward onto your uphill knee as if you were rolling out of bed. You can use your hands to help you.
- 5 Once you're on your knees, stand up with the free ski directly underneath your body.
- 6 Press down on the back of the free ski binding to "cock" it. Insert your toe into the toe piece, line up your heel with the heelpiece and press down with your heel. Put your ski poles back on.

Tips & Warnings

- If possible, try to scoot out of the way of skiers before trying to get up.
- Remove your ski pole straps from your hands before you attempt to stand up.
- Remember to point your skis across the hill before trying to stand up.

- Never attempt to stand up with your skis pointing directly downhill. Once you stand up, the skis will take off and could cause an injury.
- If you're having trouble getting up with just one ski off, don't be afraid to take off the second ski.