

How to Give Your Clients a Great Ski Lesson

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If you're one of the lucky few who have chosen professional ski instructing as a [career](#), then you know that there's a lot more to providing a memorable experience for your students than meets the eye. It includes keeping them safe and showing them a great time in addition to teaching them how to ski better. But how do you manage all of that?

This article is written not only for the professional ski instructor, but also for the skiing public. By following the suggested guidelines, the ski instructor will learn how easy it is to teach a great lesson. For the public, you'll discover what really goes into a high quality ski lesson.

Difficulty: Moderately Challenging

Instructions

things you'll need:

- A season pass or lift ticket to the mountain
- A ski school lesson ticket (for the public)
- A small class of willing students
- Lots of patience
- A great attitude

- 1 Preparing for a great ski lesson starts months in advance of the ski season. Professional ski instructors should prepare for their lessons by staying in shape and working on their strength and agility well before the first snowflake falls.
- 2 Make sure that you're skiing on contemporary skis and using the latest boots. Your students will be scrutinizing your equipment for guidance about what they should be using.
- 3 Learn something about your students (such as the town where they live or the [college](#) they attended) and call them by their first name throughout the day. Referring to people by name makes them feel important and is the best way to instill confidence in them.
- 4 Learn how to read your students' body language for clues about how confident or apprehensive they are. They may tell you one thing but their body language may indicate something completely different.
- 5 Always ski challenging terrain early in the day. Maintain your students' confidence by skiing easier runs in the afternoon after lunch.

Tips & Warnings

- Always take professional training clinics yourself to insure that you're teaching your students the very latest in proper technique.
- Learn to read your students' energy level and never exceed their capabilities--even if they think they can ski more difficult runs.
- Try to have lunch early in the day. This will give your students more time to ski in the afternoon and make them feel like they're getting more bang for their lesson buck.

- Teach to the student with the lowest skiing competency.
- Never explore new terrain late in the day. Always err to the conservative.
- Take lots of breaks, even if your students don't want to. It's difficult for them to realize just how tired they really are until it's too late.
- Advise your students to stay away from heavy meals and alcohol while skiing--they compromise their energy level and can contribute to altitude sickness.