

How to Ride a Poma Lift

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Even when you ski at one of the ritzier resorts across the country, you're likely to ride a Poma lift. Poma lifts (also called platter pulls) are a type of surface lift that was popularized in the 1960s and 1970s. They are often used to transport large numbers of skiers across vast flatlands or to areas that would be otherwise inaccessible by chair lift. A professional ski instructor tells how to correctly ride a Poma lift.

Difficulty: Moderately Easy

Instructions

things you'll need:

- A pair of skis. You can ride Poma lifts with a snowboard but it is much more difficult
- A Poma lift
- Lift attendant

- 1** Begin by skiing up to the entrance of the Poma lift. The round platters that transport skiers are attached to the end of a vertical arm that is connected to a steel cable, rotating around two bullwheels, one at each end of the lift.
- 2** Remove the pole straps from your hands and put both poles in your outside hand. Shuffle your skis forward until the tips of your skis are behind the mark in the snow indicating the loading position.
- 3** Look over your shoulder and behind you for the approaching platter. When it reaches the lift attendant, he will hand you the vertical bar.
- 4** Spread your legs slightly and pull down on the bar, tucking the platter between your legs. The platter should rest against the back of your thighs until the cable takes up the slack.
- 5** Slowly "pinch" your legs together, locking the platter in place. Lean back slightly until you feel the cable pull you forward. Keep your ankles, knees and hips bent and enjoy the ride.
- 6** When you reach the unloading station, spread your legs slightly and pull the platter out from underneath your legs by gently pulling down on the vertical bar. When the platter has completely cleared your body, let go of the vertical bar and continue skiing forward. Put your ski poles back on your wrists.

Tips & Warnings

- Remember to keep your knees bent at all times. Be ready to stop if someone falls ahead of you.
- Carry your ski poles in one hand while you hold onto the vertical bar with the other hand.
- Pay attention at all times while riding the lift. If someone falls while riding the lift, the lift may stop suddenly.
- Look ahead. There may be slight irregularities in your path.