

# How to Ride a T-bar While Skiing

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Even ski resorts that operate the most expensive detachable quad chairlifts often depend on T-bars to ferry skiers from one location to another. Less expensive than traditional chairlifts, T-bars are easy to ride and often times move crowds faster than other types of lifts. To learn how to ride a T-bar, follow these helpful tips.

Difficulty: Moderately Easy

## Instructions

things you'll need:

- A pair of skis
- A T-bar
- A helpful lift attendant

- 1 T-bars operate similar to rope tows in that the T-bars revolve around a constantly moving cable, only stopping when the lift attendant hits the stop button. For that reason, you'll need to stay alert and watch the people ahead and behind you.
- 2 Remove the ski pole straps from your wrists. Shuffle your skis forward until you're even with the lift attendant. There will be a line in the snow to stand behind until you're handed the T-bar to load. Transfer both poles to the hand furthest away from the T-bar.
- 3 When the attendant hands you the T-bar, grab the vertical bar with your free hand and pull the horizontal crossbar towards you and under the backs of your thighs. Wait for the slack in the cable to be taken up.
- 4 When you feel the T-bar pulling you forward, lean slightly back against it, keeping your feet approximately shoulder-width apart. Enjoy the ride.
- 5 When you reach the top of the lift, stand on your feet, pull the T-bar out from underneath you and release it to the side. The T-bar will retract and continue around the bull wheel as you continue skiing straight ahead.

## Tips & Warnings

- Pay attention to the people ahead of you and behind you. If they fall, you may need to step off to the side or release the T-bar.
- Keep your weight evenly distributed over both feet.

- Always expect the worse. Be ready to let go of the T-bar at any time.
- If you fall, immediately scoot off to the side--there are other skiers directly behind you.