

# How to Wear Ski Poles

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Using ski poles while you ski can help you to turn, ski moguls, skate on skis and generally makes getting around much easier--but only if you wear them correctly. Here's how to correctly and safely wear ski poles.

Difficulty: Easy

## Instructions

things you'll need:

- A pair of ski poles

- 1 Begin by holding one ski pole by the safety strap coming out of the back of the handle.
- 2 Put your free hand upwards through the safety strap with your fingers and thumb separated into a "V."
- 3 Bring your hand downward allowing the safety strap to rest against the palm of your hand in the V between your thumb and your index finger.
- 4 When your hand is even with the ski pole handle and the strap is between your thumb and index finger, close your fingers around the ski pole grip.

## Tips & Warnings

- Make sure that the straps on your ski pole are properly adjusted so that when the palm of your hand rests against the strap, your hand is neither below the handle nor above it.
- Try wearing one of the newer ski pole "systems" that permanently attach to your glove.
- Never ski without wearing your ski poles properly. You may lose a ski pole or litter the ski slope with the loose pole.