

SKIING

Skiing and Surviving in the Snow

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Introduction

For my Personal Passion Project I have been researching skiing. Skiing is something I love to do with my family. This report is a summary about skiing and surviving in the snow. I hope it will teach you about how fun skiing is and how you might want to do it one day.

History of Skiing

First skis found.

The first skis found was in Russia but did you know that original skis were found in Scandinavia and painting of skis were found in xinjiang region of China.



Where skis were invented

Scientists think that skis were invented in northern Russia the year 6000 BC.

Did you know that skis were invented before the wheel

Twenty two thousand years ago, when the first Cro-Magnon man first attached two sticks to his feet, it was not to race down a snowy mountain just for the thrill of it. Skiing began as a mode of survival, writes Roland Huntford in *Two Planks and a Passion: A Dramatic History of Skiing*.

According to Huntford, cave drawings suggest that a man used skis during the last ice age in the Palaeolithic period. The oldest ski artefacts, though, come from the more recent Mesolithic period. Fragments of ski-like objects, discovered by 1960s archaeologist Grigoriy Burov, date back to 6000 BC in northern Russia.

Skis and snowshoes were first invented across wetlands and marshes in winter when they froze over. They enabled man to travel during the winter and hunt reindeer and elk across the frozen tundra. Skis were widely utilized in central Asia and Europe, while snowshoes were common in the New World—probably because snow was more compact and less soft in the old world, theorises Huntford.

Skiing's next era evolved out of military considerations. In the 1760s, the Norwegian army held skill competitions involving skiing down slopes, around trees, across level snowfields and while shooting. These races were precursors to Olympic sports. The first national race took place in Oslo in the 1860s.

All the while, more and more civilians—both in Norway and other parts of Europe—were trying their hand at skiing. The 1880s saw a shift from Nordic skiing (cross country skiing), to Alpine skiing (downhill), because the adrenaline rush of gliding down a mountainside had more mass appeal than skiing across level terrain. This evolu.

I think that skis were invented when it was the middle of winter and pirates were stuck in ice so they skated in long wood and that's how I think skiing was invented.

Types of Skiing

Alpine skiing

Alpine skiing is downhill skiing if you want to push yourself out can duck walk up the run.

Alpine skiing is a type skiing that the council has found and made chairlifts to go up and skiers to go down. Below is my favourite picture of an alpine ski resort.



Cross country/backcountry skiing

Cross country skiing is skiing cross country uphill and downhill. You can move your heel up and down off the ski which makes it easy to go uphill. The skis are much skinnier and you use different boots.

We have been cross country skiing and it is fun but you can crash very easily. It is if you are used to alpine skiing you can try it.

If you crash and you end in a wrong position then try to slowly get out of that position or else your going to break a leg.



Off piste skiing

Off piste skiing is when you ski not on a run but you are free on the mountain but it is very dangerous in many different way

You have got to be really talented at alpine skiing to go off piste skiing and you can call a helicopter to get up there or you can have a challenge and climb it.



Telemark skiing

Telemark skiing is the same as cross country but you can't go uphill because your skis are a lot thicker and heavier. Some skis can turn into telemark skis like my dad made his alpine skis to telemark skis



Snowboarding

Is a type of skiing but on a board. It is exactly like surfing.

It can be very dangerous to others and sometimes some people may think it is awesome but for me I like skiing.



Amazing Ski Achievements

Skiing down K2

Andrzej Bargiel was the only person who actually skied down k2 because 4000 people attempted it but they ended up dead the other would be lost till this very day.

Skiing down Mount Everest

A Japanese person skied down Mt Everest the first person to attempt. he only skied 8000metres high.

The man who skied down Mt Everest is a documentary about yuichiro Mirua, a Japanese alpinist who skied down Mt Everest.

Surviving an avalanche

What to do if caught in an avalanche

If you get caught in an avalanche you have to swim in the snow and hold something steady. Swimming movements help carry snow away from you causing you to get some air to breath. If you see an avalanche come your way don't outrun it duck and move to the side. Skiers that ski off piste are at risk of setting off or being in an avalanche.

There was once a man who was skiing down a mountain until he went the wrong way and was strait in an avalanche and he didn't know. But he ended up on a 125 meter cliff and so he skied down and safely made it but he was stuck in the avalanche so he swam and created room to breathe until his mates found him he suffered hypothermia but he survived.

Famous Australian Skiers

Brittany Cox

(Born 29 of september 1994) she is a famous mogul skier she grew up at a skiing resort falls creek where I ski so it is in Australia. Did you know she was the youngest athlete to compete at the vancouver 2010 Olympic Winter Games. She also won the first freestyle skiing World Cup in 2012 2013 and in 2014 she won the Winter Olympics.

Brittany Cox was the first to win the crystal globe for women and in 2016 2017 freestyle skiing won with seven victories and several other podium finishes.

Wow to me wining 7 victories, podiums finishes, Olympic games and first female to win the crystal globe is mind blowing 🤯



My Skiing Adventures

I have been skiing for 5 seasons, since I was 4 years old. I have skied at Mount Hotham and Falls Creek in Victoria Australia. I like alpine skiing since I love going downhill fast. I like skiing because I can express myself and be happy. What I want to do with skiing now is to improve myself on moving gracefully. Someday I would like to travel to other countries around the world to ski such as Austria, Switzerland, USA, Canada and Japan.



This is a photo of me at Falls Creek 2019