



## Ability Questionnaire

### 1. Rate your current fitness

On a scale of 0 – 5

### 2. Rate your approach to skiing or snowboarding

Cautious = 1 points

Cruising = 5 points

Aggressive = 10 points

### 3. Can you ski/board any blue (intermediate) trail at your favourite ski area?

Yes = 10 points

No = 0 points

### 4. Do you ski or snowboard the black (advanced) trails?

Not yet = 0 points

Occasionally = 3 points

Often = 5 points

### 5. Can you continually link turns on steep slopes?

Not yet = 0 points

Sometimes = 5 points

Yes = 10 points

### 6. Rate your ability to ski or snowboard on variable, uneven terrain

On a scale of 0 – 5

### 7. Can you competently ski/board off the groomed trails in fresh powder snow?

Not yet = 0 points

Occasionally = 5 points

Yes = 10 points

### 8. Rate your powder skiing/boarding ability

On a scale of 0 – 5

### 9. Can you confidently ski or snowboard on advanced runs in any snow conditions?

Not yet = 0 points

Occasionally = 5 points

Yes = 10 points

### Your Score

#### 0 - 15 points

Enquire about our Heli-ski improvement programme.

#### 16 - 29 points (Heli 1)

You are an intermediate skier/boarder with no powder skiing/boarding experience.

#### 30 - 42 points (Heli 2)

You are a strong intermediate to advanced skier/boarder with little or no powder skiing/boarding experience.

#### 43 - 59 points (Heli 3)

You are an advanced skier/boarder with some powder skiing/boarding experience.

#### 60 + points (Heli 4)

You can ski/board the steep and deep - any snow, any mountain.

Now that you have established which level you're at, why not go ahead and book your Heli-ski experience.