

The



WATER SKI &
WAKE SPORTS

Learn to
Ski Basics



*The basics of how to accomplish
your first water ski experience.*



Level 1

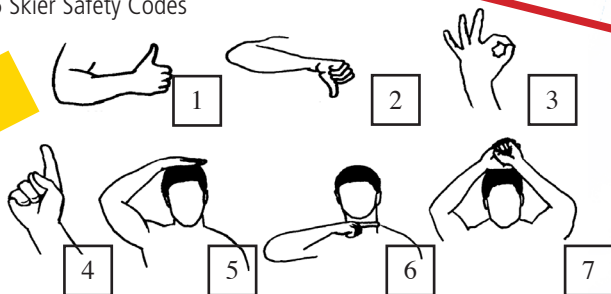
On land, demonstrate:

- The seven skier hand signals
- Placing feet in and adjusting bindings
- Holding the handle properly
- Proper body position for starting
- Proper body position while skiing

Explain five of the 15 Skier Safety Codes

Important safety rule:
Always wear flotation

Hand Signals



- 1. Speed up:** The "thumbs-up" gesture indicates that the skier would like the speed increased.
- 2. Slow down:** The "thumbs-down" gesture indicates that the skier would like the speed decreased.
- 3. OK:** If the set speed or boat the path is good, the skier may use the OK signal.
- 4. Turn:** When either the skier or the driver wants the boat turned, a circle motion with the arm over the head with one finger in the air is used. It is usually followed by pointing in the direction of the turn.
- 5. Back to the Dock:** A pat on the head indicates that the skier would like to return to the dock.
- 6. Cut Motor/Stop:** A slashing motion with the hand across the neck indicates the boat is to stop immediately. This signal can be used by the skier, driver or observer.
- 7. I'm OK (after a fall):** This important signal indicates that a skier is OK after a fall. It consists of both hands clasped over the head. It should be used every time the skier falls.

Water Skier's Safety Codes

Rule 1: Always wear flotation. A properly fitted personal flotation device is designed to fit snugly, so that it won't slip up on the body during a fall. The recommended type is a jacket or vest that covers the chest, abdomen and back.

Rule 2: Always be sure your equipment is in good condition. Your personal safety and enjoyment depend on the equipment you use. Check your equipment regularly. Be sure that your skis do not have sharp or protruding surfaces that could cut or scrape the skier. Check towropes for frayed areas or broken bridles and handles. Repair or replace damaged or unsafe articles.

Rule 3: Don't give the starting signal until ready. Make sure you are ready, the slack has been taken out of the rope and you are clear of any dangerous obstacles around you. Keep your ski tips up.

Rule 4: Do not ski near docks, pilings, other boats or swimmers. Always look ahead and be sure you are aware of your surroundings and where you are going at all times. Many water ski injuries result from collisions with docks or other solid objects.

Rule 5: Never put any part of your body through the handle or wrap the line around yourself in any way.

Rule 6: Never ski in shallow water or an area where there may be obstructions above or just beneath the surface.

Rule 7: When a fall is inevitable, try to fall backward or to either side. A forward fall increases the chances of contact with the ski.

Rule 8: Know and use the skier hand signals. It is particularly important to use the skier's "I'm OK" signal after a fall if you are all right.

Rule 9: If you fall in an area where there is other boat traffic, lift one ski half way out of the water. This will signal to other boats that there is a skier in the water.

Rule 10: Never ski to the point of excessive fatigue.

Rule 11: Always ski during daylight, from sunrise to one-half hour after sunset.

Rule 12: Never ski directly in front of another boat.

Rule 13: Always use equal length ropes when skiing double.

Rule 14: Always ensure that the motor is "off" when a skier is entering and exiting the boat.

Rule 15: Always have an observer in the towboat.

Level 1

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Placing Feet In Bindings And Adjusting



How To Properly Hold The Handle



For two skis, use the knuckles up grip; for one ski, use the baseball grip (with either hand up).

Proper Body Position For Starting



Demonstrate proper cannonball body position on land before entering the water to get the proper feel. Hold the handle and have a partner pull on the rope slightly to help pull you up. This will give you the feeling of being pulled up by the boat. While practicing this task, make sure your knees are together at all times, and stay in the cannonball position as shown in the picture. Let the boat do the work for you rather than trying to do the work yourself.



Proper Body Position While Skiing

Initially remain in the chair position. This will ensure proper posture. You should have your arms straight, shoulders up and knees flexible. Once comfortable, bring your hips underneath your shoulders



Level 2 Two-Ski Starts

Complete a deep-water start and maintain the proper two-ski body position for three seconds.



Place the rope and handle between your skis. When ready, signal the driver to begin accelerating. Let the boat slowly pull you up. DO NOT try to pull yourself out of the water by pulling in with your arms. When you feel the boat begin to pull you up, slowly rise to a sitting position using your legs. Once up, maintain the proper body position of arms straight, knees bent and flexible, and keep your head up, looking toward the boat.

Practicing on land will speed the learning process



IMPORTANT Level 2 Tip:
Keep your **Arms Straight,**
Knees Bent, Head Up

Level 3 Two-Ski Balance

Maintain proper two-ski body position for 20 seconds.

Place emphasis on the proper two-ski body position: head up, arms straight and knees bent, and put some downward pressure on the handle.



Suggested Towboat Speeds

Speeds are listed as a guide for the boat driver and will vary depending on the skiers experience and comfort level.

Approximate Weight Of Skier	Less than 50 lbs.	50 to 100 lbs.	100 to 150 lbs.	150 to 180 lbs.	180 lbs. or more
Two-Ski Speeds	13 mph	16 mph	18 mph	21 mph	24 mph
One Ski Speeds	16 mph	20 mph	24 mph	27 mph	32 mph

Level 4 Two-Ski Steering

Steer back and forth in control inside the wakes.

Initiate each turn by putting more pressure on the inside edge of the ski opposite to the direction you want to go. Example, to turn right, lean slightly to your right and away from the boat and apply more pressure on your left ski.



Releasing pressure on one foot while placing pressure on the other foot will allow you to go in the direction you want to go. For example: unweighting the left foot while placing pressure on the right foot will allow you to turn toward the left wake.

Helpful Tip

Level 5 Two-Ski Wake Crossing

Cross over to the outside of the boat wakes on one side only and return to the center of the wakes.



Cross the wakes by turning both skis at a **sharp angle** to the wakes and bend your knees to absorb the shock. Crossing one ski at a time with not enough angle will result in a fall.

Try to cross the wake at an angle. Turn toward the wake and keep pressure on the ski closest to the boat (furthest away from the wake) until you are well over the wake. Trying to go over the wake slowly will result in a fall.

Helpful Tip

Level 6 Two-Ski Wake Crossing

Leave the center of the boat wakes on one side and cross the wakes one time.

The most common mistake for a skier is to pull on the handle while crossing the wakes. Keep your arms straight, and knees bent and together. Continue to maintain the proper body position.

Helpful Tip

Level 7 Two-Ski Wake Crossing

Complete seven wake crossings in 60 seconds or less.

Continue to emphasize proper body position.

Congratulations! You have learned to water ski on two skis. You can find instruction on how to take the next step to skiing on a single ski in the USA Water Ski & Wake Sports Basic Skills Learn To Slalom brochure.

USA

WATER SKI & WAKE SPORTS

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