

# Freeride skiing



**Freeride** is a style of skiing performed on natural, **ungroomed** terrain, without any specially designed track or slope. It developed in the 1970s as an alternative to the highly regulated style of ski competitions; in the 1980s and 90s, the sport gained popularity thanks to the beginning of competitive circuits and events like the Freeride World Tour.

## ■ The freeride style

The freeride style must adapt to the variations and challenges of the ground, and includes aspects of other snow disciplines such as freestyle and alpine skiing. Freeride skiers

have to master deep **powder snow** and **steep** descents, but this discipline allows the skiers to be fully immersed in the wilderness of alpine environments.

## ■ Equipment for freeride skiing

Freeride skiers must use appropriate skis designed to enable them to go across different types of ground. However, one of the biggest risks freeride skiers are exposed to is that of avalanches. For this reason, freeride skiers should never ski alone and must be equipped with appropriate avalanche safety **gear**, such as:

- a transceiver, which allows locating skiers buried in the snow; more advanced equipment includes GPS systems;
- **probes** and a **shovel**, which help detect the position of people under the snow and bring them back to the surface;
- airbag systems, designed to keep skiers near the surface in case they are swept down by an avalanche.

**gear:** *equipaggiamento*  
**powder snow:** *farinosa neve*  
**probe:** *sonda*

**shovel:** *vanga*  
**steep:** *ripido*  
**ungroomed:** *non battuto*

## 1 Decide if the sentences are true or false and correct the false ones.

- |  |                          |                          |  |                          |                          |
|--|--------------------------|--------------------------|--|--------------------------|--------------------------|
|  | T                        | F                        |  | T                        | F                        |
| 1. Freeride is a skiing style performed on natural snow and in the middle of nature. | <input type="checkbox"/> | <input type="checkbox"/> | 5. The discipline of freeride skiing is totally safe, as skiers go down paths with few people. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. It began in the 1990s.  | <input type="checkbox"/> | <input type="checkbox"/> | 6. It is better for freeride skiers to go alone.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Freestyle and freeride are the same discipline.                                   | <input type="checkbox"/> | <input type="checkbox"/> | 7. The freeride equipment includes instruments of detection, such as airbags.                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Freeride skiers must be good at skiing in deep snow and on steep paths.           | <input type="checkbox"/> | <input type="checkbox"/> | 8. Freeride skiers also have probes and a shovel to help other skiers out of an avalanche.     | <input type="checkbox"/> | <input type="checkbox"/> |