The word ski comes from the Old Norse word skíð which means "cleft wood" or "stick of wood"
Prehistory

• The ski was invented before the wheel

• Oldest information about skiing is based on archaeological evidence

• Old fragments of ski-like objects

• Rock paintings
Early modern period

- Skis were widely utilized in Central Asia and Europe
- In regular use by farmers, hunters and warriors
- Skiing as transportation
First recorded skiing exercises

- In the 18th century, the Norwegian and Swedish army trained and competed on skis
  - Downhill in rough terrain
  - 3 km cross-country skiing with full military backpack
  - Target practice while skiing downhill
Becoming a sport

- 1850s: Production of thinner, lighter and more flexible skis

- 1880s: Shift from Nordic skiing (cross-country skiing) to Alpine skiing (downhill skiing)

- 1908: First ski lift was built in Germany

- 1924: First Winter Olympics → Nordic skiing

- 1936: Winter Games in Garmisch-Partenkirchen, Germany → Alpine Skiing was included
First Chairlift

1936: Sun Valley, Idaho
Types of skiing
Skibobbing
Roller skiing
Snowboarding
Grass skiing
Freestyle
Speedskiing
Nordic skiing

Cross-country skiing

Biathlon

Telemark skiing

Ski touring

Ski jumping
Alpine skiing (downhill skiing)

- Fixed-heel bindings
- Most alpine skiing at ski resorts with ski lifts
- Snow is groomed, avalanches are controlled and trees are cut to create trails
- Many resorts use snow making equipment
- Alternative in less controlled environments: backcountry skiing (off-piste)
Equipment

- Helmet
- Eyewear
- Poles
- Boots
- Bindings
- Skis
Downhill skis
Downhill skis

All-Mountain Skis (Carver)
Best for groomed terrain
(all levels, including moguls)

All-Mountain Wide Skis
Best for groomed runs and powder

Powder Skis
Camber vs. Rocker

- Camber → traditional ski
- Only the tip and tail sections touch the ground
- Good grip and traction at high speeds
- Ability to carve turns
- Con: Easier to catch an edge in deep powder
Camber vs. Rocker

Camber

Reverse camber
Camber vs. Rocker

Camber

Reverse camber

Rocker (Tip-Rocker)
Ski length

- PISTE: -5 à -15 cm smaller than your height
- ALL TERRAIN / VERSATILE: Your size up to -10 cm
- FREERIDE: Your size up to -5 to +10 cm
Ski resorts
Detachable chairlifts
...smashing chairs and flinging skiers into the air
Whistler Blackcomb

- Largest ski resort in North America
- One of the most popular ski destinations outside of Europe
Whistler Blackcomb

- Opened for the first time in Jan 1966
- Joined physically with the Peak-2-Peak gondola in 2008
- 37 lifts
- >250 km skiable (includes avalanche-controlled but ungroomed terrain)
The Three Valleys (Les Trois Vallées), France

- World’s largest ski area
- 7 connected ski resorts
- > 600 km ski runs
- > 180 ski lifts
Skiing near Vancouver
Lift tickets (day pass in CAD)

- Whistler: 152 CAD
- Grouse: 69 CAD
- Seymour: 64 CAD
- Cypress: 63 CAD
Shames Mountain
Shames Mountain (Terrace, BC)

- First co-op ski resort in Canada
- 12+ metres of annual snow fall
- 2 lifts
- 57 CAD per day
- Warm up for backcountry and heli-skiing
Competitive alpine skiing

4 primary disciplines

Slalom  Giant slalom  Super G  Downhill

Speed
HERMANN MAIER COMPETES IN HIS FIRST OLYMPIC DOWNHILL FINAL

https://www.youtube.com/watch?v=3EdaClq6xG4&t=90s
Ski cross
Kitzbühel, Austria
Opening day: Oct 13, 2018
Snow farming
Thank you!