



## Skiing and Other Winter Sports

Many Americans go to the mountains to ski or do other winter sports. Snow falls during the winter months and many families have vacations from school and work. Many people ski the week between Christmas and New Year, on Martin Luther King's Holiday weekend (January) and on Presidents Day weekend (February).

Downhill skiing and snowboarding are usually done at a ski resort. Skiers buy a lift ticket and spend the day on the slopes. The lift can be a tow rope or a chair lift. Cross country skiing can be done in any open country where there is snow. Skiers wear boots, and skis, and use poles to guide themselves along the snow trails. Hats and goggles keep heads and faces warm. Ski lessons are available for children and beginners. Children enjoy sledding and ice skating, too. Everyone is cold and tired after skiing, and many will drink warm beverages like hot chocolate, coffee or tea afterwards.



Skiing is fun but dangerous. For every 1,000 people who ski or snowboard each day in the US, 5 – 7 injure themselves, mainly with fractured (broken) bones. So have fun skiing, but be safe!

### Vocabulary

Skiing	Poles
Snowboarding	Goggles
Lift ticket	Sledding
Slopes	Ice skating
Chair lift	Hot chocolate
Boots	Fractured bones