



# Introduction to Water Ramp

The Water Ramp is awesome! One of the most fun things to do during the summer as a freestyle skier. The ramps allow for a safe and comfortable transition from trampoline to doing tricks with skis on and eventually on snow! The ramping experience is largely great, but some small mistakes can lead to a less comfortable experience; the good news is you're reading this!

## Managing expectations of surface material:

The material on the ramp that allows for skis to slide down it and off the ramp is referred to as "meanie". The meanie consists of panels that have stiff plastic bristles pointed vertically. These bristles when wet provide a resistance very similar to snow in most ways, weight distribution can be in the front of the boots and regular stance established.

It can be surprising how the meanie interacts with your edges. You can stand sideways on it, and side-step with control to get into position, **but once sliding forward there are no turns or speed checks. When dropping in, it is very important to know that you cannot turn to control speed like you can on real snow.**

## Wetsuit/Drysuit:

When ramping, most skiers wear a wetsuit, generally a full length for most days, or a "shorty" for warmer weather. The body's muscles do not function as well when cold, so it is important to stay insulated. Staying warm while ramping especially for the young skiers is one of the biggest challenges to water ramping, it can also often be the difference between having a great day, and a terrible one.

**We recommend a wetsuit for any skiers first time ramping** just to eliminate the chance they get cold and have a negative experience. Used wetsuits can be very economical and have a resale value similar to their used cost. A wet suit that is slightly large to allow the athlete free range of movement is a good idea to look for when shopping.

## Life Jacket:

When water ramping, it is essential to wear a lifejacket. This must be a safety approved life jacket for the skiers correct body weight and skill level. Be sure that the shoulder movement of the athlete is not restricted by the life vest. Some kids prefer paddling life jackets as they allow for freedom of movement more so than a regular life jacket.



## Helmet:

The skiers will need an approved ski helmet for the water ramp. This helmet should have ear covers installed fully, covering the ear. If not then tape must be used to cover the ear area. Side landings into the water can harm the eardrum if water is forced inside the ear cavity. **Once used for ramps this helmet should not be used on snow.**

## Boots:

We recommend using old boots that have passed the point of wear to be used on snow. Having good ramp boots pays off in how long they can be used for, although once the boot liner enters the water they should no longer be used for snow skiing.

## Skis:

You can water ramp on any type of skis that you would use on snow. The main difference is the skis will be trashed after the water ramp. It is good to hold onto old skis that kids grow out of for ramp skis later. Another option for finding skis is Kijiji or marketplace online; these areas are full of people getting rid of their 1990s skis for cheap. This is much more economical than using newer skis. The skis should be waxed each day before ramping with paraffin or candle wax. An iron is generally provided by the facility, however, you should bring your own wax.

## Leashes:

When you hit the water, sometimes the skis release or eject; from experience skis do not float! The solution to this is short pieces of rope or paracord that attach to the skis brake, and the skiers' boot buckle. Some get fancy and put small carabiners on their leashes but a loop at each end will do. This way if the ski does eject the skier will be able to swim it back to shore instead of it sinking to the bottom. **Whatever leash system you choose, please make sure the athlete is able to remove it on their own when they exit the water.**

## Additional Gear:

In addition to Water ramping you will also likely be on the trampoline before your session. To be prepared for tramp come in athletic clothing before changing into your ramp gear.



## Gear List:

- Helmet
- Ramp Boots (ski boots)
- Ramp Skis
- Wetsuit or Drysuit
- Life Jacket
- Ski Socks
- Plastic bags (over feet to slide into wet boots)
- Ski Leashes
- Athletic Wear for trampoline
- Water
- Snacks
- Duct Tape
- Candle Wax
- Towel

Any other questions please feel free to reach out to me.

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