

## **Backcountry Skiing and Snowboarding**

*Each participant must:*

- Travel for extended amounts of time on challenging terrain independently, with assistance of a companion, or with adaptive equipment.
- After falling, be able to get into a position necessary to continue activity.
- Be able to shovel in order to perform camp chores and to participate in rescues where people, gear, or shelters have been buried in the snow due to an avalanche or drifts created during a storm.