

Beginning Waterskiing



The basic water-ski principle is attitude, if you believe you can - you Will!

Getting Started

When it is your turn to ski the motor will be shut off. Place the skis on the swim platform with the skegs (fins) over the edge. Adjust the bindings so that they are snug. Grab the rope handle. Get in the water. When you are in the water away from the boat yell out "CLEAR!". The boat will start and it will move away from you.

Hold the handle as if you were holding a baseball bat. Bend your knees and bring them close to your chest. Try to keep your arms as rigid as you can, and keep *both* of the ski tips out of the water. Make sure that the rope is between your skis and that the boat is in front of you. When there is no slack in the rope and you are ready yell "HIT IT!". Keep crunched (knees bent) until you are completely out of the water. Try to keep your back perpendicular to the water (don't bend over forward). There is going to be quite a bit of water coming into your face for a few seconds, but if you allow the boat to pull you up out of the water, you will soon reach dry air!

Skiing

After you are up, keep your arms straight and lean backward a little to keep your balance. Look forward and at the observer. Continue to bend your knees so they act like shock absorbers for the possible waves ahead. If your weight shifts forward or you bend your arms too much, you are likely to be thrown off balance. Also, keep your legs about shoulder width apart.

When you want to cross the wake, do it quickly, lean in the direction you want to go, pulling evenly on the handle, and out you'll go. When you're ready to come back in, first go out a little wider, then come in quickly. During turn arounds stay in the wake, you don't want to be the end of the crack the whip motion that's created.

Hand Signals While Skiing

Water skiing is a cooperative venture between skier, observer and boat driver. There are some important signals for a skier to know once they are up out of the water.

1. Speed up the boat: Thumb up.
2. Slow down the boat: Thumb down.
3. Cut Motor/Stop (also used by driver or observer): Slashing motion over the neck.
4. Turn the boat (also used by driver): Circle motion with arms over-head then point in desired direction.
5. Return to dock: Pat on the head.
6. Speed and boat path OK or signals understood: OK signal with hand.
7. Skier OK after falling: Hands clasped over head. Or give a one handed wave.
8. Waves ahead: driver or observer waves arm up and down.



When You Fall

Once a skier is down, one of the most important signals is to let the driver know immediately that the skier is all right. This is done by the simple gesture of clasping both hands over the head or giving the one handed wave. In the absence of this signal, the driver can only assume the skier is injured and he must come about immediately to help.

Another important signal on the part of the skier is to hold up a ski so his position will be more visible to his own driver and operators of other boats in the vicinity. This signal is especially important in areas where other boats and skiers are in action.

Etiquette

Good manners are important on and off the water. Be prepared for your turn to ski. If you are the next person you should be getting ready while the person before you is skiing (put your life jacket on, take off your glasses, etc.). If you are in the boat waiting your turn, help out. When a skier is done the rope should be coiled up and made ready for the next skier. Under no circumstances should you ski closer than 100 feet from any person or object.