

how do you **KNOW**
what you know?

Learning



Lesson One: First Steps

Strapping/Stepping In

To strap or step in, first rotate the board to sideways across the mountain and make sure it is reasonably secure. With the toe-half of your rear foot, step on the board. Use the heel-half of the rear foot to secure the board on the snow. When you are balanced and sure the board will not slide away, strap or step in your lead foot. Make sure to attach your retention device (leash).