Incorporating Snow Bump Ski Jumping into an Existing Nordic Club

Introduction:

Snow bump ski jumping is an exciting way to introduce participants to the fundamentals of ski jumping in a safe and controlled environment. This document outlines how to incorporate small bump ski jumping into a nordic ski club, including the equipment needed, coach training, benefits to participants, and how to build a small bump using snow.

Equipment Needed for Intro to Ski Jumping Sessions:

- **Skis**: Alpine, cross-country and freestyle skis are all acceptable for beginner bumps.
- **Helmets**: Safety helmets are essential to protect participants during jumps. Hard ear coverage is recommended but not required.
- **Jumping Clothing**: No specialised clothing other than regular nordic attire.

Equipment Needed for More Advanced Ski Jumping Sessions:

- **Jumping Skis**: Ski jumping skis are longer and wider than regular skis, providing stability and lift during jumps.
- **Ski Jumping Boots**: Specialized ski jumping boots offer ankle support and control for landing safely.
- **Helmets**: Safety helmets are essential to protect participants during jumps. Hard ear coverage is required.
- **Jumping Clothing**: Ski jumping suits or form-fitting clothing to reduce wind resistance and enhance performance. At the development level, jumping suits are *not* required.

Coach Training (Provided by Ski Jumping Canada):

Ski Jumping Canada offers comprehensive coach training programs to educate coaches on the fundamentals of ski jumping, safety protocols, and effective teaching methods. Coaches will learn how to guide participants through small bump ski jumping activities, focusing on skill development, technique, and progression.

Benefits to Participants:

- **Balance**: Small bump ski jumping enhances participants' balance and coordination through the control and landing skills required.
- **Body Awareness**: Participants develop body awareness and control by adjusting body position during jumps.
- **Engagement**: Ski jumping fosters a sense of adventure and encourages focus as participants navigate the inrun, takeoff, flight, and landing phases of the jump.
- **Flexibility**: Jumping motions improve flexibility and range of motion in major muscle groups.

Building a Snow Bump:

- **Location Selection**: Choose a gentle slope with a clear outrun area for safe landings. Anywhere from 30 to 40 degrees of a slope will be suitable (the steeper the angle the more speed and more difficult for beginners).
- **Snow Preparation**: Create a ramp shape with packed snow and gradually form a small bump at the mid-section of the slope. The bump should resemble a flat take off area with no lip.
    - Make the bump 2-3 times the width of a skier standing shoulder-width apart.
    - The length of the bump should be between 80-100cm.
    - The height of the bump can vary in size. Remember, the higher the bump, the more difficult for beginners. We recommend starting between 20 to 40 cm.
- **Safety Considerations**: Ensure sufficient outrun space and clear the landing area of obstacles.
- **Testing and Adjustments**: Have experienced skiers test the small bump and make adjustments as needed based on feedback.

Basic Ski Jumping Technique:

- **Inrun**: Streamlined, balanced, and relaxed; Upper body parallel to slope' skis shoulder width apart.
- **Takeoff**: Quick shift in position to boost lift; Precise timing for combined vertical and horizontal lift.
- **Flight**: Body aligned with skis in a "V" formation to maximize lift; Maintain low body height above the slope.
- **Landing**: Weight evenly distributed on landed;; Skis parallel VS telemark

>> Four Phases of a Ski Jump - Ski Jumping Canada <<

Conclusion:

By incorporating snow bump ski jumping into a cross country ski club, participants can develop new skills, confidence, and a deeper appreciation for Nordic sport. This introduction to ski jumping provides a gateway to further exploration of the sport and fosters a sense of camaraderie and athletic achievement within the club.

For further information on building a snow bump, contact Ski Jumping Canada - info@skijumpingcanada.com.

Example Snow Bump Ski Jump:





Example Snow Bump Profile:

