We are interested in your opinion on the usefulness of this ski conditioning class. Please answer the following:

1. What is your typical mode of “skiing”
   - alpine (heel locked)
   - telemark (free heel)
   - snowboard
   - other: ______________

2. How many years have you skied? ______________

3. At a resort, what type of runs do you typically ski?
   - green
   - blue
   - black
   - double black

4. Have you ever had a ski related injury?  
   - No
   - Yes: What/when? ______________

5. **Right now**, how ready do you feel for skiing this year?

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<thead>
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<th>2</th>
<th>3</th>
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<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>not ready</td>
<td>ready</td>
<td>very ready</td>
<td></td>
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6. How did you hear about this class? ______________

7. How many years have you taken the UUOC’s Ski Fitness Class? ______________

8. If you have taken the UUOC’s class before, why have you chosen to take it again? (If more than one answer, use numbers to identify importance – 1 being most important reason, 2 next most important reason etc.)

   - Physically challenging
   - Provides good social support (I like the group)
   - Good value for the money
   - Qualified instructors
   - Convenient location
   - I get good results
   - Other ______________