



SNOWBOARD

A gliding activity where you stand on a balance board while one or two partners pull you through a snowboard-inspired course.



SET UP

- Form teams of two or three participants.
- Defines a course on the ground: slalom, turns, balance or speed zones.
- Place one balance board per team (Pierre Lavoie balance board or board covered with a mat) as well as a rope with a handle.

MATERIAL

- Balance board (Pierre Lavoie) or board covered with a mat.
- Rope fitted with a wooden handle or training rope with handles.
- Materials to mark out the course: cones, lines, adhesive tape.



Procedure

1. You position yourself standing on the board, feet parallel as on a snowboard, holding the handle.
2. One or two partners stand at the front and, at the signal, pull the rope to make you move forward along the course.
3. The partners must pull the board in a controlled manner to ensure your stability and safety as a snowboarder.
4. The snowboarder maintains his balance by keeping feet parallel and holding the handle.
5. If the skateboarder puts a foot on the ground, his The partners stop immediately, and he takes a short three-second break, then the team resumes the activity when the boarder is balanced on the board.

Variants

- Vary the course: slalom, tight turns, fast straightaways, balance zones, obstacles bypass.
- The traction speed must be changed: very slow, moderate, progressive acceleration.
- To impose a precise position on the snowboarder.
- Introduce an area where the boarder must perform a simple trick (small bend, slight rotation of the upper body, raising one arm).
- Outdoor version: The activity can be done on snow using a snow mat or a sledding board. _____

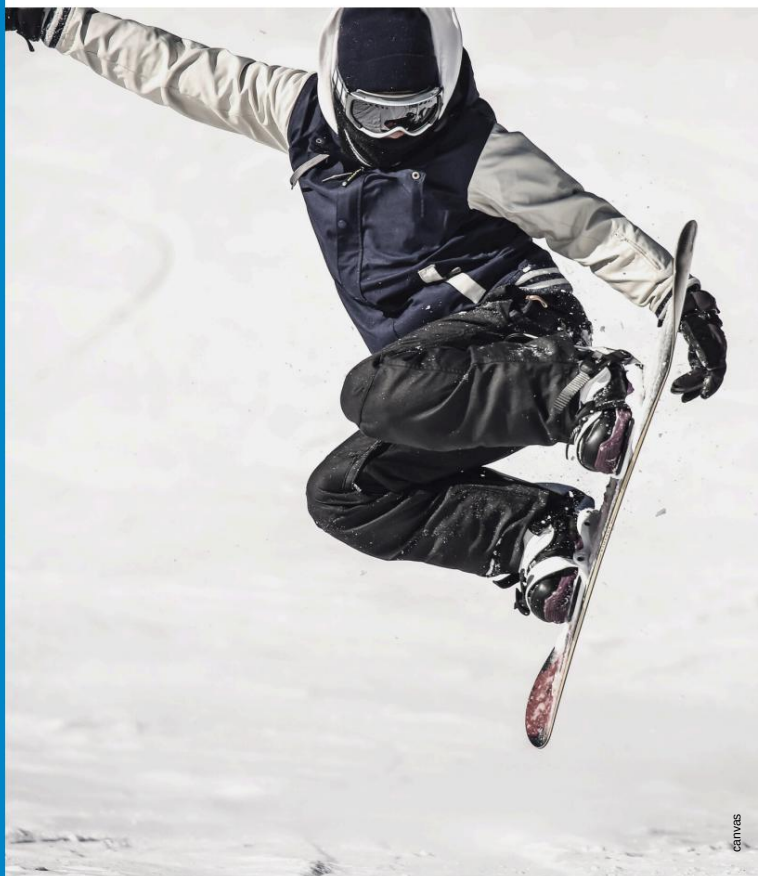




THE SNOWBOARD

Snowboarding is a family of sliding sports.

Most competitions are judged on the difficulty level of the **acrobatics** and the success rate of those acrobatics. However, **snowboard cross** and parallel **slalom** are more like **races**.



At the 2026 Olympic Games, there will be several types of snowboarding competitions. Here is the list:

- Men's and women's parallel slalom
- Men's and women's slopestyle
- Men's and women's big jump
- Half-moon for men and women
- Men's and women's snowboard cross
- Mixed Team Snowboard Cross



Did you know?

Did you know that before becoming a recognized sport and even being added to the Olympic program in 1998 at the Nagano Games in Japan, snowboarding was seen as a sport practiced only by rebels and was even banned by several ski resorts? In fact, there are still three major American ski resorts that still ban it to this day.





PLANCHE À NEIGE

