

Skiing without snow thanks to a simulator used to learn or improve technique all year round

LOCATION: Granada

DURATION: 1'39"

SUMMARY: Skiing without snow. This is possible in Granada thanks to a simulator, unique in Spain, located at the iMUDS, The University Institute for Sport and Health. Learning how to ski, improving technique or even learning how to move to avoid lesions are some of its applications.

VTR:

Skiing without snow. This is possible thanks to a simulator, unique in Spain, located at The University Institute for Sport and Health in Granada; a tool which can be used to learn how to ski or snowboard.

PABLO J. GÓMEZ
Responsible of the simulator

"To learn how to ski, to improve technique or even physical fitness with ski, that's something which can be done 365 days a year."

But this facility offers more possibilities thanks to the eight cameras which track skiers in 2D and 3D, enabling much more specific technical analysis, already conducted by technicians from the Specialised Winter Sports Centre, in which Carolina Ruiz is the sports director.

CAROLINA RUIZ
Skier

"You can train here for 30 minutes and usually, the effective time when you are on the track, on the snow, can be 10 minutes; so all that work is multiplied."

According to these teachers from the Andalusian Federation of Winter Sports, it is beneficial not just for learning, but also due to the amount of information it can provide.

JOSÉ LUIS ALEJO
Technician of the specialized centre

"In terms of learning, regarding basic moves and technique, it is pretty useful. You can correct the mistakes you make on the snow here with much more feedback."

JOSÉ FRÍAS
Technician of the specialized centre

"By making technical groundwork, very analytic, we make a lot of progress and it reduces work on the track allowing us to do more specific things on the snow."

This facility is able to measure in real time the force generated by the skier and its effects on technique, something fundamental to improve performance and avoid injuries.

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