



# Far West Ski Association

presents the **Warren Miller Modern Media Award** to

## *High Fives Foundation* *B.A.S.I.C.S 5 "Choices" Video*

The **High Fives Foundation** is a non-profit organization based in Truckee, Calif., serving athletes living with a life-altering injuries such as a spinal cord injury or traumatic brain injury.

As a part of its B.A.S.I.C.S (Being Aware Safe In Critical Situations) educational video series, High Fives has released a new 25-minute documentary film titled "*Choices*." Throughout the film, viewers will learn how to make smart decisions in order for them to enjoy a lifetime of activities in the mountains.

The content within provides a great reminder for all of us—the dangers of the sport are very real. We must take nothing for granted.

Topics covered throughout the fillm include:

### **Rider Awareness:**

Learn the trails carefully. Be mindful of snow conditions and obstacles like rocks, trees, ice, and cliffs. Take mental notes about the mountain every time you ski or ride.

### **Be Prepared:**

The best way to learn is from your friends, family and coaches. Be methodical about your training and preparations. The most elite athletes are the most prepared skiers and riders.

### **Chairlift Safety:**

Always put the bar down, no matter what age you are. Sit way back until you safely exit.

### **Know Your Mountain:**

Review and respect resort and ski patrol signage. It is there to help athletes make smart choices based on mountain conditions, abilities, dangerous obstacles, and other important info.

### **Choose Your Adventure:**

This is the intro of the film. Skier JT Holmes says it best, "Every highly accomplished mountain man or woman bares the scar of a life-changing experience, it's a strong reminder that the choices we make have a lasting impact on our lives and everyone around us."

### **Passing The Torch:**

If you teach the lessons early, it will last forever. Sharing knowledge can promote smart decision making for years to come.

Respectfully nominated by *Randy Lew*.