



# Ski & Snowboard Safety

## Before Hitting the Slopes

- ❖ **Get in shape.** Don't try to ski yourself into shape. You'll enjoy skiing more if you're physically fit.
- ❖ **Buy proper equipment.** Be sure to have your ski or snowboard bindings adjusted correctly at a local ski shop. You can rent good ski or snowboarding equipment at resorts.
- ❖ **Wear a Helmet & look like a Pro!**
- ❖ When buying skiwear, look for fabric that is **water- and wind-resistant**. Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and drawstrings that can be adjusted for comfort and keep wind out. Be sure to buy quality clothing and products.
- ❖ **Dress in layers.** Layering allows you to accommodate your body's constantly changing temperature. Dress in polypropylene underwear (top and bottoms), which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Wear a turtleneck, sweater and jacket.
- ❖ **Be prepared.** Bring a headband or hat with you to the slopes, 60 percent of heat-loss is through the head. Wear gloves or mittens (mittens are better for those susceptible to cold hands).
- ❖ Wear **sun protection**. The sun reflects off the snow and is stronger than you think, even on cloudy days!
- ❖ Always wear **eye protection** such as sunglasses and goggles.

## While on the Slopes

- ❖ **Take lessons** from a qualified instructor and with practice you can become a good skier or snowboarder
- ❖ The key to successful skiing/snowboarding is control, so **be aware of your ability**, the terrain and the skiers/snowboarders around you.
- ❖ **Be aware of the snow conditions.**
- ❖ Skiing and snowboarding require a mental and physical presence.
- ❖ If you are on a slope that is too steep, keep your skis/snowboard on and side step down the slope.
- ❖ The all-important warm-up run prepares you mentally and physically for the day ahead. Drink plenty of water. Be careful not to become dehydrated.
- ❖ **Do not Drink Alcohol.** Skiing and snowboarding do not mix well with alcohol or drugs.
- ❖ **Know your limits.** Learn to ski and snowboard smoothly and in control.
- ❖ If you're tired, stop skiing-rest. Multi-passenger gondolas and high-speed chairlifts, provide you more time on the slopes so you have time to rest for another run after you rest.
- ❖ **Wear a helmet**-You will look like a pro & live to tell about it!

### Your Responsibility Code

1. Always stay in control.
2. People ahead of you have the right of way.
3. Stop in a safe place for you and others.
4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings, and keep off closed trails.
7. Know how to use the lifts safely.

