



## Safety on the Slopes



### 15 Tips for Skiing & Snowboarding

#### 1. Off Season Training

- ❖ Get in shape before the season. Do cardio exercises such as cycling, walking or running. Also do strength training especially for your legs and core and work on balance activities.

#### 2. Get Professional Instruction

- ❖ Take lessons either individual or group to learn the right techniques.

#### 3. Choose The Right Equipment

- ❖ Get fitted by a professional for the right size skis, boards, boots, bindings, and poles whether you rent or buy. Your toes should be able to wiggle or your boots are too tight and your feet will get cold.

#### 4. Dress Warm And In Layers

- ❖ Temperatures can change quickly; dress in layers, thermal underwear and thermal socks (wear only one layer of socks and ones that are not too thick), intermediate layers such as a fleece, ski pants and jacket. Also look for clothing and gloves that are water and wind resistant. If your hands get cold easily opt for mittens vs. gloves and bring an extra pair in case they get wet!

#### 5. Wear A Helmet

- ❖ Protect your head and keep it warm. Did you know 60% of heat is lost through the head?

#### 6. Protect Your Eyes

- ❖ The sun's rays are stronger at higher altitudes and reflect off the white snow. Wear sunglasses or goggles, sunscreen and lip balm even on cloudy days!

#### 7. Warm-Up To Prevent Injury

- ❖ Do some brisk walking and a few stretches to limber up before hitting the slopes!

#### 8. Drink Water

- ❖ Drink plenty of water and have a nutritious breakfast to keep you energized!

#### 9. Ski With A Friend

- ❖ Watch out for each other and designate a meeting place if you get separated.

#### 10. Know Your Limits

- ❖ Stay on trails that are within your skill level and stay in control at all times. Trails are marked ●=beginner, ■=intermediate, ◆=expert.

#### 11. Follow The Rules

- ❖ Stay on marked trails and obey posted signs such as "merging trails" or "slow skiing area".

#### 12. Know Skier/Snowboarder Etiquette

- ❖ Remember that skiers in front or below you on the trail have the right of way. Do not stop or rest in the middle of the trail and look up hill before starting off again or when merging into trails.

#### 13. Work on Balance And Know How To Fall

- ❖ Keep your knees slightly bent, your center of gravity over your pelvis and eyes level to help your balance. If you do fall try to fall uphill and roll into your fall. Also try to fall onto your buttocks rather than wrists to minimize risk of a fracture.

#### 14. Stop If You Are Tired

- ❖ Most injuries occur right before lunch or after 2pm when you are fatigued.

#### 15. Have Fun!