

Skiing and Snowboarding

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

Before Hitting the Slopes

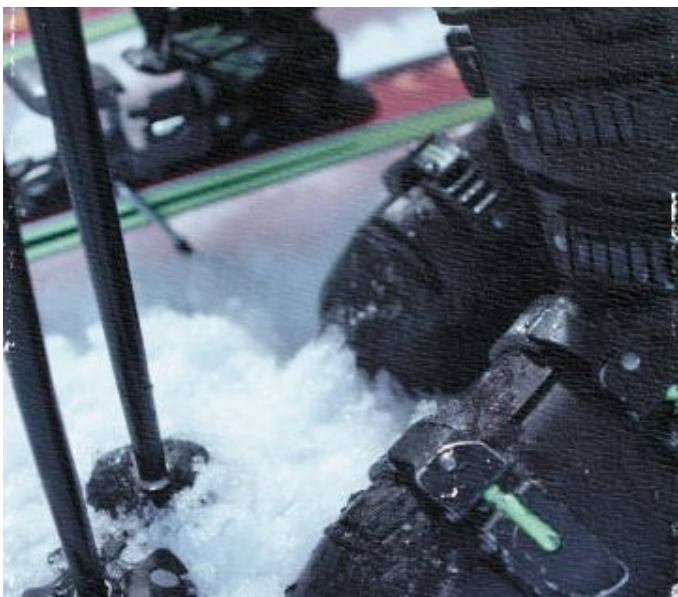
- * Get in shape. Don't try to ski yourself into shape. You'll enjoy skiing more if you're physically fit.
- * Obtain proper equipment. Be sure to have your ski or snowboard bindings adjusted correctly at a local ski shop. You can rent good ski or snowboarding equipment at resorts.
- * When buying skiwear, 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 snugged up to the chin and drawstrings that can be adjusted for comfort and keep wind out. Buy high-quality clothing and products.
- * Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, 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. Mother Nature has a mind of her own. Exposed skin, such as the head and neck, lose more heat than covered skin. Your cheeks, ears and nose are the most prone to frostbite. Wear a hat, scarf and turtleneck sweater to protect these areas.
- * Wear sun protection. The sun reflects off the snow and is stronger than you think, even on cloudy days!
- * Always wear eye protection. Have sunglasses and goggles with you. Skiing and snowboarding are a lot more fun when you can see.

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While on the Slopes

- * The best way to become a good skier or snowboarder is to take a lesson from a qualified instructor.
- * The key to successful skiing/snowboarding is control. To have it, you must be aware of your technique, the terrain and the skiers/snowboarders around you.
- * Be aware of the snow conditions and how they can change. As snow turn firm, the skiing gets hard and fast. Begin a run slowly.
- * Skiing and snowboarding require a mental and physical presence.
- * If you find yourself on a slope that exceeds your ability level, always leave your skis/snowboard on and side step down the slope.
- * A warm-up run prepares you mentally and physically. Drink plenty of water and stay hydrated.
- * Curb alcohol consumption. Skiing and snowboarding do not mix well with alcohol or drugs.
- * Know your limits. If you're tired, stop skiing. Stop before you become fatigued and, most of all, have fun.
- * Always stay in control.
- * People ahead of you have the right of way.
- * Stop in a safe place for you and others.
- * Whenever starting downhill or merging, look uphill and yield. Use devices to help prevent runaway equipment.
- * Observe signs and warnings, and keep off closed trails.
- * Know how to use the lifts safely.

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