

Skiing and Snowboarding Safety



Skiing and snowboarding are great ways to spend time outdoors during the winter months. As with all sports, injuries are a risk when you ski or snowboard. Taking a few safety measures can help you have fun and be safe.

Skiing & Snowboarding Injury Facts

- Bruises and broken bones are the most common types of skiing- and snowboarding injuries.
- Snowboarders most commonly injure their wrist and arm. Skiers most commonly injure their knee, head, or face.
- Most ski and snowboarding injuries occur during a fall or a crash (usually into a tree).
- Traumatic brain injury is the leading cause of serious injuries among skiers and snowboarders and is also the most common cause of death.

Recommended Equipment

- Helmet designed for skiing and snowboarding
- Goggles that fit over a helmet
- Properly fitted boots and bindings
- Sunscreen
- Wrist guards for snowboarders

Skiing & Snowboarding Safety Tips

- Always wear a helmet designed for skiing or snowboarding.
- Protect your skin and eyes from the sun and wind. Apply sunscreen and wear ski goggles that fit properly with a helmet.
- Make sure your boots fit properly and bindings are adjusted correctly.
- Prepare for the weather. Wear layers of clothes and a helmet liner, a hat, or a headband.
- Do not ski or snowboard alone.
- Follow all trail rules.
- Stay on the designated trails.
- Only go on trails that match your skill level.
- Take a lesson – even experienced skiers and snowboarders can benefit from a review.
- Before using a ski lift, tow rope, or carpet, make sure you know how to get on, ride, and get off safely. Ask an attendant if you need help.

Facts About Skiing Snowboarding Safety Nsaa

JL Elias



Facts About Skiing Snowboarding Safety Nsaa:

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