RISK ASSESSMENT WIZARD



SKIING

Safety Guide

Outdoor Activity Provider

4	16	19
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Lower Body Strength

Enhances lower body strength and endurance through continuous skiing movements and managing different terrains.

Balance & Coordination

Improves balance and coordination by requiring precise movements and stability on skis across varying snow conditions.

Cardiovascular Fitness

Boosts cardiovascular fitness through sustained physical activity and dynamic skiing sessions.

Winter Environment

Encourages connection with winter environments, fostering appreciation for snowy landscapes and mountain ecosystems.

KEY HAZARDS & CONTROL MEASURES

Collisions

- ✔ Helmets mandatory for all participants
- ✔ Piste rules and right of way taught
- ✔ Slope selection appropriate to ability
- ✔ Speed control emphasis in instruction

Cold Weather Injuries

- ✔ Appropriate layered clothing required
- ✔ Leaders monitor group for cold symptoms
- ✔ Regular breaks in warm areas
- ✔ Exposed skin covered in extreme cold

Lift Accidents

- ✔ Lift use instruction before first ride
- ✔ Safety bar use enforced on chairlifts
- ✔ Supervision at loading and unloading
- ✔ Practice area for drag lifts with beginners

Group Separation

- ✔ Clear meeting points established
- ✔ Buddy system in place
- ✔ Regular head counts
- ✔ Mobile communication if coverage available

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Equipment

- [ ] Skis and bindings checked
- [ ] Boots fitted correctly
- [ ] Helmets sized and fitted
- [ ] Poles appropriate length

Clothing

- [ ] Layered system worn
- [ ] Waterproof outer layer
- [ ] Gloves and goggles
- [ ] Sun protection applied

Participants

- [ ] Ability levels assessed
- [ ] Safety briefing completed
- [ ] Meeting points agreed
- [ ] Lift procedures understood

Conditions

- [ ] Weather forecast checked
- [ ] Piste conditions known
- [ ] Open slopes confirmed
- [ ] Visibility adequate

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