



SKIING

Safety Guide

Outdoor Activity Provider

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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
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Equipment

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

Clothing

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

Participants

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

Conditions

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



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