



# SKIING

## Safety Guide

Sports Recreation

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Key Benefits

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Checklist Items

## KEY BENEFITS

### Cardiovascular Health

Enhances cardiovascular health and endurance through sustained downhill movement.

### Leg Strength

Improves leg strength and muscle tone with repetitive skiing motions and terrain navigation.

### Balance & Coordination

Develops balance and coordination essential for maintaining control on skis.

### Mental Focus

Boosts mental focus and concentration required for navigating slopes and adapting to conditions.

### Flexibility

Increases flexibility and range of motion through dynamic skiing maneuvers.

### Physical Fitness

Supports weight management and overall physical fitness through consistent active participation.

**KEY HAZARDS & CONTROL MEASURES****Collisions with Other Skiers**

- ✓ Teach importance of spatial awareness and FIS rules
- ✓ Avoid stopping in blind spots
- ✓ Maintain safe following distances
- ✓ Wear helmets to reduce injury severity

**Excessive Speed**

- ✓ Teach proper turning and edging techniques
- ✓ Adhere to slow zones
- ✓ Emphasize adjusting speed for conditions
- ✓ Include speed management drills

**Avalanches**

- ✓ Provide avalanche awareness training
- ✓ Carry safety equipment (transceiver, probe, shovel)
- ✓ Check avalanche forecasts daily
- ✓ Only venture off-piste with qualified guides

**Icy/Variable Conditions**

- ✓ Teach techniques for skiing on ice
- ✓ Reduce speed and avoid sudden movements
- ✓ Identify icy areas and adjust approach
- ✓ Maintain regular edge sharpening

**Steep Terrain**

- ✓ Assess skill levels before attempting advanced terrain
- ✓ Teach techniques specific to steep terrain
- ✓ Gradually introduce challenging slopes
- ✓ Familiarize with terrain before descending

**Equipment Failure**

- ✓ Ensure equipment matches size and ability
- ✓ Assist with equipment checks before skiing
- ✓ Check bindings are properly adjusted
- ✓ Encourage regular equipment servicing

**Ski Lift Incidents**

- ✓ Instruct on proper lift procedures
- ✓ Familiarize with safety features
- ✓ Teach response to lift stoppages
- ✓ Supervise young/inexperienced skiers on lifts

## Cold Weather

- ✓ Advise on appropriate cold-weather clothing
- ✓ Encourage frequent breaks in warm areas
- ✓ Teach signs of hypothermia and frostbite
- ✓ Monitor for signs of cold stress

## Obstacles on Slopes

- ✓ Teach skiers to scan path ahead
- ✓ Educate on navigating around obstacles
- ✓ Stay on marked trails where hazards are minimized
- ✓ Promote use of helmets

## Off-Piste Skiing

- ✓ Stay on marked trails unless properly trained
- ✓ Ski with a partner and inform others of routes
- ✓ Provide information on off-piste risks
- ✓ Use maps and GPS devices

**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

**Conditions**

- Weather forecast checked
- Slope conditions known
- Visibility adequate
- Route planned
- Avalanche risk assessed
- Lift status confirmed
- Temperature suitable

**Equipment**

- Skis appropriate for ability
- Boots properly fitted
- Goggles/sunglasses ready
- Gloves available
- Bindings checked
- Helmet worn
- Layered clothing worn

**Group Management**

- Qualified instructor present
- Skill levels assessed
- Communication plan in place
- Appropriate ratios maintained
- Meeting points agreed



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