RISK ASSESSMENT WIZARD



SKIING

Safety Guide

Sports Recreation

6	40	22
Key Benefits	Control Measures	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
- ✔ Maintain safe following distances
- ✔ Avoid stopping in blind spots
- ✔ Wear helmets to reduce injury severity

Excessive Speed

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

Avalanches

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

Icy/Variable Conditions

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

Steep Terrain

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

Equipment Failure

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

Ski Lift Incidents

- ✔ Instruct on proper lift procedures
- ✔ Teach response to lift stoppages
- ✔ Familiarize with safety features
- ✔ 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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