



# SNOWBOARDING

## Safety Guide

Outdoor Activity Provider

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## KEY BENEFITS

### Lower Body Strength

Builds lower body strength and balance through dynamic movements and maintaining stability on the snowboard.

### Coordination & Agility

Enhances coordination and agility by requiring precise footwork and body control while navigating slopes.

### Cardiovascular Health

Improves cardiovascular health through continuous physical activity and active movement during sessions.

### Mental Resilience

Encourages resilience and adaptability by teaching individuals to adjust to varying snow conditions and terrains.

**KEY HAZARDS & CONTROL MEASURES****Falls & Wrist Injuries**

- ✓ Wrist guards strongly recommended
- ✓ Helmets mandatory for all participants
- ✓ Fall technique instruction provided
- ✓ Progressive skill development approach

**Collisions**

- ✓ Slope rules and right of way taught
- ✓ Speed control emphasis in all lessons
- ✓ Slope selection appropriate to ability
- ✓ Awareness of blind spots and merging areas

**Cold Weather Injuries**

- ✓ Appropriate layered clothing required
- ✓ Regular warm-up breaks scheduled
- ✓ Monitoring for signs of cold injury
- ✓ Spare dry gloves available

**Lift Accidents**

- ✓ Lift technique instruction before first use
- ✓ Practice of one-foot skating
- ✓ Supervision at loading and unloading
- ✓ Safe lift unloading technique taught

**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**

- Board and bindings checked
- Helmet sized and fitted
- Boots fitted correctly
- Wrist guards provided

**Clothing**

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

**Participants**

- Ability levels assessed
- Stance (regular/goofy) identified
- Safety briefing completed
- Lift procedures understood

**Conditions**

- Weather forecast checked
- Open runs confirmed
- Slope conditions known
- Visibility adequate



RISK ASSESSMENT  
WIZARD

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