RISK ASSESSMENT WIZARD



SNOWBOARDING

Safety Guide

Outdoor Activity Provider

4	16	19
Key Benefits	Control Measures	Checklist Items

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

Equipment

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

Clothing

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

Participants

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

Conditions

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

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