RISK ASSESSMENT WIZARD



SNOWBOARDING

Safety Guide

Sports Recreation

6	40	22
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Balance & Coordination

Enhances balance and coordination through dynamic riding and maneuvering on snow.

Lower Body Strength

Improves lower body strength and muscle tone with repetitive snowboarding motions.

Flexibility & Agility

Develops flexibility and agility through jumps, turns, and tricks.

Mental Focus

Boosts mental focus and concentration required for maintaining control and executing maneuvers.

Cardiovascular Fitness

Increases cardiovascular fitness and stamina through sustained snowboarding activity.

Physical Fitness

Supports overall physical fitness and muscle toning through active engagement and exercise.

KEY HAZARDS & CONTROL MEASURES

Collisions with Other Slope Users

- ✔ Teach spatial awareness and looking uphill before starting
- ✔ Avoid stopping in blind spots
- ✔ Emphasize FIS rules and slope etiquette
- ✔ Wear helmets to reduce injury severity

Excessive Speed

- ✔ Educate on controlling speed through edging and turning
- ✔ Implement exercises focusing on speed management
- ✔ Reinforce adjusting speed for terrain and conditions
- ✔ Encourage use of designated slow zones

Jumps & Tricks

- ✔ Provide instruction on proper techniques and landing
- ✔ Inspect terrain park features before use
- ✔ Begin with small features and progress gradually
- ✔ Only attempt maneuvers within skill level

Tree Wells

- ✔ Educate participants on tree well dangers
- ✔ Ride with a partner and keep visual contact
- ✔ Avoid riding close to trees in deep powder
- ✔ Teach self-rescue techniques

Avalanches

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

Ice Patches

- ✔ Instruct on techniques for riding on icy conditions
- ✔ Reduce speed and avoid sudden movements
- ✔ Teach how to identify icy areas
- ✔ Maintain regular edge sharpening

Poor Weather

- ✔ Check weather forecasts before heading out
- ✔ Stay on marked trails in poor visibility
- ✔ Teach importance of appropriate clothing layers
- ✔ Provide guidance on seeking shelter

Lack of Protective Gear

- ✔ Require use of helmets
- ✔ Educate on benefits of protective gear
- ✔ Recommend wrist guards and other protection
- ✔ Provide guidance on selecting properly fitting gear

Steep Terrain

- ✔ Assess skill levels before attempting advanced terrain
- ✔ Teach techniques specific to steep terrain
- ✔ Gradually introduce challenging slopes
- ✔ Scout unfamiliar runs before descending

Equipment Failure

- ✔ Teach participants to inspect bindings
- ✔ Encourage regular equipment checks
- ✔ Instruct on correct binding adjustments
- ✔ Identify signs of wear requiring professional servicing

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

- [ ] Board appropriate for ability
- [ ] Boots properly fitted
- [ ] Wrist guards available
- [ ] Layered clothing worn
- [ ] Bindings checked
- [ ] Helmet worn
- [ ] Goggles/sunglasses ready

Group Management

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

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