

Ski / Snowboard Safety Tips

Warm Up, Stretch out, at least 30 minutes before you hit the slopes.

When skiing more than once a day remember stretch out before each session.

Check the ski conditions. Be familiar with the weather conditions, ice or snow light powder determine your approach to injury free skiing.

Dress appropriately, layer your clothing, a good layering plan will make your outdoor exercise more enjoyable. Remember to dress your hands and feet appropriately, wear a hat, mittens / gloves and socks to match the weather conditions.

Check your equipment, proper fit and maintenance of boots, bindings, will prevent knee and ankle injuries. Size and fit are essential to prevent injuries of the extremities.

Use heat or moist heat packs for the neck and back to stretch out those tight muscles at least one hour **prior to skiing. Do not apply directly to the skin.**

Apply **ice, not heat for any injuries. Protect the skin before applying any type of ice.**

Ice should be applied 20 minutes every hour for twenty –four to forty eight hours.

Do not ski fatigued, Muscle and mental fatigue are major risk factors for injuries.

If an injury happens, do not return to the slopes, rest, ice, and elevate. Seek help if the pain and discomfort has not changed.

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