



Installation Safety Office

Skiing and Snowboarding Safety

During the past five years, 175 Soldiers have been injured while skiing or snowboarding. Like all sports activities, proper warm-up, using the proper gear, having the proper training and not performing risky activities lead to a safer day. Skiing and snowboarding can be enjoyed in many ways. There may be people using alpine skis, snowboards, telemark skis, cross country skis, and other specialized equipment, such as that used by the disabled.



Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Skiing and snowboarding can be tiring, and many accidents happen at the end of the day when participants are fatigued. Know when to call it a day.

Key Messages:

Accidents while skiing or snowboarding represent one of the major categories of injury. More than 100,000 people are injured each year from skiing or snowboarding. Experience pays off and the data shows skiers and snowboarders new to the sport suffered injuries at a very different, higher, rate.

Tips:

Make a deal with yourself to be safe on the snow, it could keep you off the injury list. Warm up prior to beginning a ski or snowboarding day. Get proper training from a qualified instructor before undertaking the sports. Ensure the gear you use is a proper fit and you understand how to use it. Don't ski or snowboard 'till you drop' because many accidents occur at the end of a full day of skiing or snowboarding, when participants are fatigued. Avoid alcohol use while on the snow. Don't take unnecessary risks. If you are skiing in the backcountry, check the avalanche forecast from your local avalanche information center, and always carry a probe, shovel, and avalanche beacon, advises the National Ski Patrol.

Historical Reference: <https://safety.army.mil/>, www.nsp.org