

Ski Safety Factsheet



This factsheet is a bit of information about what we should be doing before we hit the slopes for the first run of what we always hope to be the best snow year on record and to keep safe while having fun!

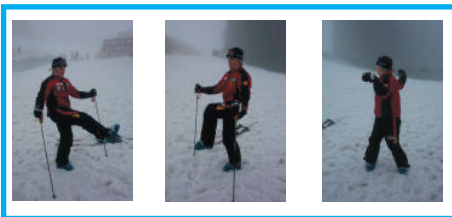
HELMETS



WARM UP BEFORE SKIING

One of the main contributors to injury in the recreational skier is the complete absence of any Pre-Ski Warm-Up Routine.

Intense exercise done without a warm-up has the potential for injury. Proper warm-up prepares the muscles you will use and prepares the joints for movement and stability throughout a full range of motion. Start slowly and increase the intensity and complexity of the warm-up. Use ski or activity specific movements to help improve the efficient movement and performance. On colder or windy days it is vital that you take the extra time to perform a good warm-up because a warm muscle is not only stronger but the elastic properties of it are increased allowing for better shock absorption. A two degree increase of muscle temperature can give an increase in elastic properties of the muscle by as much as 15-20% helping to improve performance and prevent muscle strains.



examples of some warm ups

Helmets are a really good idea and will protect you against many of the common injuries that the head is susceptible too. They are especially important for children, who are at highest risk of snow sport injury. However, it must be remembered that wearing a helmet will not protect you if you have a high speed impact - so go careful.

Recent statistics show that due to a media campaign in Switzerland over many years around 52% of the snowsports population are now wearing helmets - thats nearly 600,000 people!

Cairngorm Mountain are planning to stock the flexmeter wristguards and helmets this winter, so pop into the shops on the hill for more info.



SKI BINDINGS AND BOOT CARE

Have your bindings serviced at least once a year - bindings are mechanical devices that require cleaning, lubrication, and re-setting. Think of all that salt, dirt, rust etc playing havoc with the internal springs.... Studies have shown that un-serviced bindings are less likely to release. Avoid walking too much whilst wearing your ski boots. The sole of the boot is designed to fit snugly into the binding plate and if it becomes worn down the efficiency of the boot-binding interface will be compromised.

If you are hiring your gear, always go to a reputable facility and, if the staff or equipment don't inspire confidence, go elsewhere. Carving skis should be the norm now and its worth paying a bit more for good quality kit.

Never borrow someone else's skis unless either you or they know what you're doing and can properly readjust bindings to the correct settings!

Research indicates that those who borrow gear are 8 x (yes, eight times!) more likely to be injured than others. Finally - and most importantly, get into the habit of performing a self-test on your binding everyday. This simple procedure ensures that your bindings are set correctly for your needs, has been demonstrated to reduce the risk of injury and is endorsed by experts from the International Society for Skiing Safety.

**Produced in association with www.ski-injury.com
Where more information and advice can be found.**

