

Preventing injuries for

# SKIING & SNOWBOARDING



## TO MINIMIZE RISK OF INJURY . . . DID YOU KNOW?

- engage in pre-conditioning to improve physical capacity and maintain control. Always warm up and stretch before heading out on the slopes.
  - monitor snow and weather conditions. Stay alert for hazards and changes in visibility.
  - avoid frostbite and UV ray exposure by dressing right. Wear Sunglasses/goggles and sunscreen.
  - be extremely cautious on your first and last run of the day, when the risk of injury is highest.
  - stop before it gets too dark or you become too tired.
  - stay sober while on the slopes.
  - stay with someone on the hill.
  - be cautious of jumps and skiing and boarding at high speeds.
  - stay on designated paths and trails, and follow all rules and signs.
  - choose runs which suit your ability and experience.
- Head injuries are the leading cause of death among skiers and snowboarders. Snowboarding-related traumatic brain and spinal cord injuries may be increasing.
  - Estimates from numerous countries have found head injuries account for 9% - 19%, and neck injuries for 1% - 4%, of all injuries reported by ski patrols and emergency departments.
  - Head and neck injury rates have been reported between 0.09 and 0.46 per 1000 outings.
  - Research has shown helmets are effective in reducing head injury risk among skiers and snowboarders. There is no significant association between helmet use and an increased risk of neck injury.
  - There is a 35% reduction in head injury risk with helmet use while skiing or snowboarding.

**For more information on this and other sport and recreation injury topics, please refer to the following text:** Tator, C.H. (Ed.) (2008). *Catastrophic Injuries in Sports and Recreation: Causes and Prevention – A Canadian Study*. Toronto, Canada: University of Toronto Press Incorporated



Parachute is bringing attention to preventable injury and helping Canadians reduce their risk of injury and enjoy long lives lived to the fullest.

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