

Skiing and Snowboarding Safety



Skiing and snowboarding are great ways to spend time outdoors during the winter months. As with all sports, injuries are a risk when you ski or snowboard. Taking a few safety measures can help you have fun and be safe.

Skiing & Snowboarding Injury Facts

- Bruises and broken bones are the most common types of skiing- and snowboarding injuries.
- Snowboarders most commonly injure their wrist and arm. Skiers most commonly injure their knee, head, or face.
- Most ski and snowboarding injuries occur during a fall or a crash (usually into a tree).
- Traumatic brain injury is the leading cause of serious injuries among skiers and snowboarders and is also the most common cause of death.

Recommended Equipment

- Helmet designed for skiing and snowboarding
- Goggles that fit over a helmet
- Properly fitted boots and bindings
- Sunscreen
- Wrist guards for snowboarders

Skiing & Snowboarding Safety Tips

- Always wear a helmet designed for skiing or snowboarding.
- Protect your skin and eyes from the sun and wind. Apply sunscreen and wear ski goggles that fit properly with a helmet.
- Make sure your boots fit properly and bindings are adjusted correctly.
- Prepare for the weather. Wear layers of clothes and a helmet liner, a hat, or a headband.
- Do not ski or snowboard alone.
- Follow all trail rules.
- Stay on the designated trails.
- Only go on trails that match your skill level.
- Take a lesson – even experienced skiers and snowboarders can benefit from a review.
- Before using a ski lift, tow rope, or carpet, make sure you know how to get on, ride, and get off safely. Ask an attendant if you need help.