



Tips from the NSP Safety Team

As the ski and snowboard industry embarks on another busy season, the NSP Safety Team has assembled a collection of safety tips. Use these tips to create safety messages to distribute to your guests and employees.

Paul Baugher

- When skiing off of groomed trails—especially near trees—always ski or snowboard with a partner, and keep your partner in sight. If you do fall in deep snow, grab tree branches and try to keep your body from going inverted.
- Beyond the ski area lays uncontrolled backcountry terrain. Before venturing out of bounds make sure you have received the proper training in avalanche hazard education.

Denny McMahan

- Buckle your Brain: Wear a snowsports-specific helmet
- Inspect your helmet daily. Don't put stickers on helmets: They may hide cracks.
- When buying a helmet look for a snug fit that doesn't feel too tight or impede vision or hearing. Also, take your goggles along.

Ed Strapp

- Injury prevention begins the day you start planning your ski vacation. Nutrition, hydration, strength and conditioning, and proper equipment will make for a better day on the slopes.
- "Look before you leap" means ride the terrain park before you hit any features and make sure your buddy is looking through the landing before you take off.

- Take care of your gear—regular waxing and edging during the year will improve your experience

Mark Petrozzi

- Always stop when tired

Jim Phillipe

- Share the mountain. Ski defensively.
- Educate kids about slope safety and the importance of skiing and snowboarding responsibly

Craig Simson

- Have a plan—know where you're going and be prepared for what it might present
- Respect gets respect: A little respect goes a long way
- Pay attention to your surroundings

Jean Webb

- Take some lessons from a professional instructor. Your experience will be safer and more fun!
- Be realistic about your abilities—study the trail map in advance of your trip so you make sure to get on the correct lifts
- The downhill person has the right of way. However, get in the habit of looking not just in front, but behind you, especially on a busy day.
- Stay hydrated: drink plenty of non-caffeinated, non-alcoholic liquids
- Always wear sunscreen—even when it's cloudy

Lonny Whitcomb

- Start Small and Work Your Way Up—In the terrain park and throughout the mountain
- Be prepared—the weather can change quickly in a mountain environment. Dress in a wicking next-to-skin layer and avoid cotton
- Know and Use the Responsibility Code—it goes a long way towards preventing injuries