



Winter Safety Resource Guide

Resort Safety



Take lessons if you're a beginner or brush up on your skills in a **refresher course**.




Know the **Responsibility Code**. Make sure you can ski or snowboard smoothly and stay in control. Pay attention to your technique, the terrain, and others around you.

- Follow the rules of the slopes and give skiers and snowboarders in front of you the right of way. **If you need to stop, pull off to the side instead of stopping in the middle of the slope.**




Save the drinks for the après-ski! Staying sober while out on the slopes will help keep you and others safe.




Know your limits – Engage in strength and conditioning regularly and don't push yourself to the point of fatigue.

- Do a warm-up run and choose paths that match your ability level.
- Always listen to your body – pushing through on “one more run” can put you at higher risk of injury.
- **Overestimated your ability?** Leave your skis or snowboard on and sidestep down the slope or contact ski patrol.



Know who to call in case of an emergency and ski with a partner if you can. Check with each location to see if you should call 911 or contact Ski Patrol directly, via an app or other phone number.




Wear sun protection and stay hydrated. Even on cloudy the days, the sun reflects off the snow and is stronger than you may think.

Did you know?


Skiing and snowboarding injuries are on the rise, with **more than 66,000 injuries resulting in emergency department visits in 2022** ([National Safety Council](https://www.nsc.org)).

Most injuries are caused by high speeds, loss of control, and collision with a stationary object, such as a tree or tower.


Equipment Tips



Wear a helmet to protect against head injuries. Helmets help reduce the severity of head injuries such as skull fractures and cervical spine injuries.




Make sure your ski goggle lenses are appropriate for the day's lighting. Flat light with dark lenses can make ice and other obstacles difficult to see, especially at high speeds.



Wear layers that are water and wind resistant. Base layers should be made of materials like polypropylene, which feels good, dries quickly, and absorbs sweat while keeping you warm. Don't wear cotton!



Don't forget the accessories! Always bring headwear, such as a headband or hat, mittens or gloves, and eye protection, such as goggles or sunglasses.



When buying or renting equipment, **make sure bindings are adjusted correctly and that everything is appropriately fitted.**

Winter Safety Resource Guide

Resort Safety (continued)



Learn how different seasons and weather conditions may affect the snow, which can change throughout the day. When the snow becomes firm or icy, it can affect the difficulty of the trail and your speed.

- **Take a break!** If the conditions are bad or something you are uncomfortable with, stick to easier trails or change your plans. From a day in the lodge to snowshoeing, ski resorts and resort towns have lots of options for other winter adventures.



Be mindful that what you see at the trailhead may be different than the conditions higher up. Always **check the weather and avalanche forecasts**.

Backcountry Safety

Backcountry skiing and ski touring can be a great option for thrill-seekers and those who want to extend their ski season and check out unique views.

Backcountry skiing and snowboarding includes out-of-bounds resort skiing (sidecountry), avalanche terrain, and ski touring unpatrolled mountains. All backcountry skiing should be approached with planned routes, first-aid kits and knowledge, weather predictions, and confidence in your backcountry partners' skill sets and group-think.

While going out in the backcountry can be an amazing experience, it's important to know it requires special considerations, including **how to stay safe in avalanche terrain**.

Here are some resources to help you get started:

- [Avalanche Safety](#)
- [Interactive Avalanche Safety Tutorial](#)
- [AIARE x Outdoor Research Education Series](#)
- [Which avalanche course should I take?](#)
- [Find a Course Provider](#)
- [Mount Washington Springtime Hazards](#)

Access and Inclusion

One important aspect of safety is ensuring that everyone who wants to try snow sports can do so in a welcoming and safe manner. Below are just a few of the many organizations working to make the snow sports industry more diverse, accessible, and inclusive.

- [Backcountry Babes](#)
- [Edge Outdoors](#)
- [High Fives Foundation](#)
- [Inclusion on the Slopes](#)
- [Inclusive Ski Touring](#)
- [National Brotherhood of Skiers](#)
- [New England Adaptive Sport Organizations](#)
- [Share Winter Foundation](#)
- [Women of Winter](#)



When skiing outside a resort area, **make sure you notify someone of your planned route, start time, and expected return**. Let them know you have safely returned after your adventure.