

# Ski Safe

## Ski Prepared

- Keep in shape- exercise before the season begins.
- Check your equipment: **skis** tuned, **bindings** tested, properly fitted **boots**, **clothing** still warm, **helmet** not compromised, unscratched **goggles**, and **sunscreen** & lip-balm not expired.

## Ski with Attitude

- Ski in your comfort zone. Know your abilities and limits – never be pressured to ski where you are not comfortable.
- Warm-up on an easy run.
- Ski more difficult runs when you're fresh.
- Take meal breaks and stay hydrated.
- Take it easy on unfamiliar terrain.
- Rest when you're tired.
- Ski with a buddy.
- Monitor yourself and your buddies for signs of fatigue or frostbite.

## Ski Smart

- Ski in control so you can stop or avoid other people or objects.
- Ski in a consistent, predictable manner.
- Watch downhill skiers and boarders and predict where they are going – it is your responsibility to avoid them.
- Avoid passing boarders on their blind side.
- Carefully choose where to stop so you do not obstruct the trail or are not visible from above.
- Before starting downhill or merging onto a trail, look uphill and yield to others.
- Observe all signs and warnings.
- Keep off closed trails and areas.
- Do not ski if your ability is impaired by use of alcohol or drugs.

[www.seniorsski.com](http://www.seniorsski.com)



*Rocky Mountain Seniors Ski Club*