



Ski and Snowboard Safety

Winter months are a great time to enjoy the outdoors by skiing and snowboarding. As there are dangers associated with these activities, it is best to learn the [rules of the slopes](#). Read further to learn how you can have fun and stay safe while skiing and snowboarding.



Plan Ahead

- Never ski or snowboard alone. It is best to use the buddy system in the event that someone is injured, so that one of you can provide assistance.
- Always wear a helmet. They can reduce the impact of head injuries between 30% and 50%.
- Wear good quality equipment that is properly adjusted. Bright colors enable others to see you in the snow.
- Take a lesson from a qualified instructor before you ski or snowboard for the first time.
- Know the snow conditions for the area, and how they can change.

While On The Mountain

- Stay in control by knowing your technique and being aware of your surroundings, including the terrain and the other skiers and snowboarders around you.
- Stay in shape, warm up before you go, and drink plenty of water to stay hydrated.
- People ahead of you have the right of way.
- Stay off of closed trails, as the snow conditions are unknown in these areas, and you could cause an avalanche by skiing or snowboarding on them.

Resources

[NSC Skiing and Snowboarding](#)

[NSAA Fact Sheet](#) [NSAA Safety Tips](#)