Preventing injuries for

SKIING & SNOWBOARDING

TO MINIMIZE RISK OF INJURY . . .

• engage in pre-conditioning to improve physical capacity and maintain control. Always warm up and stretch before heading out on the slopes.
• monitor snow and weather conditions. Stay alert for hazards and changes in visibility.
• avoid frostbite and UV ray exposure by dressing right. Wear Sunglasses/goggles and sunscreen.
• be extremely cautious on your first and last run of the day, when the risk of injury is highest.
• stop before it gets too dark or you become too tired.
• stay sober while on the slopes.
• stay with someone on the hill.
• be cautious of jumps and skiing and boarding at high speeds.
• stay on designated paths and trails, and follow all rules and signs.
• choose runs which suit your ability and experience.

Be sure to check out our Tip Sheets on Helmet Safety for more tips on how to select a helmet.

DID YOU KNOW?

As of 2010/2011 ...

• Falls involving skis (1,141) and snowboard (999) were the most common cause for alpine sport hospitalizations in Canada.\(^1,2\)
• 10 out of every 100 alpine sport injuries were to the head/face/neck.\(^1,2\)
• Falls involving skis were injuries to the lower extremities (649 out of 1141) while falls involving snowboards were most often injuries to the upper extremity (472 out of 999).\(^2\)
• Downhill ski-related injuries were highest among children between the ages of 10-14 years (1288 out of 100,000), and teens between the ages of 15 – 19 years (1049 out of 100,000).\(^1,2\)
• Research has shown that helmets reduce the risk of head injury among skiers and snowboarders with no evidence of an increased risk of neck injury.\(^4,5\)
• Helmets are strongly recommended during recreational skiing and snowboarding.\(^1,4,6\)

For more information on this and other sport and recreation injury topics, please refer to the following text: Tator, C.H. (Ed.) (2008). *Catastrophic Injuries in Sports and Recreation: Causes and Prevention – A Canadian Study.* Toronto, Canada: University of Toronto Press Incorporated

Our aim is an injury-free Canada. Parachute is bringing attention to preventable injury and helping Canadians live long lives to the fullest.

www.parachute canada.org
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References


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