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A Little Respect: ThinkFirst!

A Little Respect: ThinkFirst! is an injury prevention program designed for skiers, snowboarders, their parents, teachers and coaches. This program consists of a DVD/ VHS entitled “A Little Respect: ThinkFirst!”, an educational booklet, and a safety brochure, provided in English and French. With the help of the Smart Skiing and Snowboarding Committee of ThinkFirst Canada and sponsoring organizations including ThinkFirst Canada, the Canada West Ski Areas Association, the Quebec Ski Areas Association, and Intrawest, this program has been created to enhance knowledge about the importance of injury prevention in skiing and snowboarding. To learn more about ThinkFirst Canada and how to order additional copies of this program, please refer to the section on “**Organizations that Developed this Program.**”

Injury Prevention Strategies & Tips

Being physically active is important in maintaining a healthy lifestyle. Participating in sports and recreational activities are fun ways to stay fit. Skiing and snowboarding are great sports to be involved in during winter. Skiing and snowboarding are fun! Although these sports are enjoyable, there is some risk involved. Practicing injury prevention is a key component in maintaining the safety of those that enjoy the sports of skiing and snowboarding. To maximize the safety of skiers and snowboarders, whether they are just beginning or have been involved in the sport for a long period of time, there are several steps, outlined below, that can be taken to reduce the risk of injury.


Wear and Use the Right Equipment!



Wearing the appropriate equipment while skiing and snowboarding is essential for injury prevention. Not only is it important to wear the correct equipment, but to make sure that the equipment fits properly, and is in good condition. Always be sure to choose your equipment carefully to suit skill level and size. Maintenance is key. These same considerations should be used when renting equipment.

Helmets

❄ ThinkFirst-SportSmart strongly recommends an individual consider the use of a well-constructed and well-fitted helmet when skiing or snowboarding. Although helmets may not be mandatory where you are skiing or snowboarding, we strongly recommend that skiers and snowboarders follow the provincial safety advice related to wearing a skiing or snowboarding helmet. For example in Quebec, the Quebec Ski Areas Association and the *Ministère de l'Éducation, du Loisir et du Sport* (Ministry for Education, Leisure, and Sport) of the Quebec Government promote the use of helmets by supporting the following statement “Respect the Code and use a helmet, that is smart!”

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- ❄ Helmets for snow-sports can help to reduce the risk of or prevent head injuries.
 - ❄ Helmets for snow-sports are designed to be lightweight, comfortable and warm.
 - ❄ Before trying on a helmet, check the label to make sure that it has Central European Norm (CE 1077), American Society for Testing and Materials (ASTM 2040), or SNELL Memorial Foundation (RS 98) approval (There is no CSA Standard yet).
 - ❄ Helmets vary in size, shape and style from manufacturer to manufacturer.
 - ❄ When wearing a helmet, a head covering can be worn underneath to help prevent heat loss.
 - ❄ A helmet that is properly fitted should be snug, and not interfere with vision or hearing.
 - ❄ A ski or snowboarding helmet should have side vents that allow the skier/boarder to hear.
 - ❄ Each helmet should have a strap that comes under the chin fastened by a buckle or snap.
 - ❄ No stickers on helmets unless the sticker is specifically approved by the helmet maker because the sticker glue may damage the helmet. Stickers can hide damage, such as cracks or dents.
 - ❄ Old helmets or helmets which do not meet current safety accreditation standards should be destroyed.

Wrist Guards

- ❄ Most snowboarders are at risk of wrist injuries, particularly fractures. Novice snowboarders are at the highest risk of suffering a wrist fracture.
- ❄ Wearing wrist guards that are made for snowboarding or in-line skating can help to reduce the risk of wrist injuries.
- ❄ Wrist guards are made to fit both over and inside the gloves. Wrist guards can also be integrated into the glove itself.
- ❄ When looking for your wrist guard, look for a style and size that fits you well.

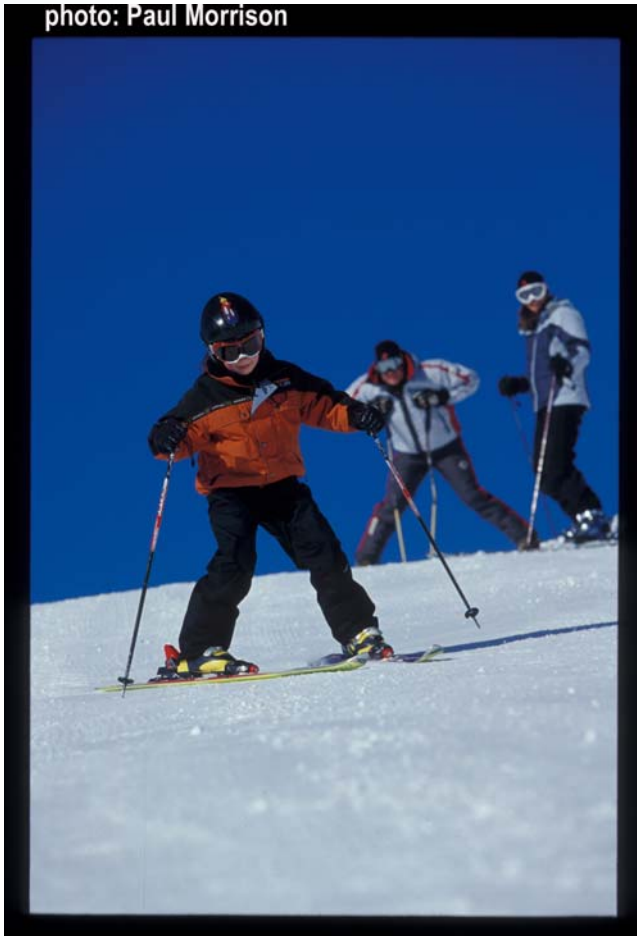
Boots

- ❄ A good fit, comfort, insulation, and lack of pressure areas are all key factors that help with preventing injury.
- ❄ When purchasing boots, get fitted properly by a qualified boot fitter at any ski or snowboarding shop.
- ❄ Boots should not be too tight, but fit snug and feel comfortable.
- ❄ Keep boots clean, particularly the soles for binding safety.
- ❄ Boots with a soft shell allow for comfort and maneuverability. Boots with a hard shell provide greater ankle support and control for snowboarding.
- ❄ Boots that combine a hard shell with a soft upper component provide a balance between maneuverability and stability.
- ❄ Wearing a high boot helps to protect against ankle and foot injuries.
- ❄ Wear a single pair of socks that fit well, are not too thick, and are made out of wool or synthetic material. Wearing too many pairs of socks can decrease circulation and increase the chance of cold feet.

Bindings

- ❄ Snowboards should have fully adjustable bindings and leashes.
- ❄ Ski bindings should be mounted and adjusted by ski shop professionals.
- ❄ Bindings should be checked regularly by a certified technician.
- ❄ Make sure bindings are adjusted properly according to height, weight, and ability. This helps to prevent injuries to the lower limbs.
- ❄ Keep bindings clean and lubricated.
- ❄ For skiers, learn how to conduct a ski binding self-test. This should be done at the beginning of each ski day.

photo: Paul Morrison



- ❄ Ski bindings also require ski brakes to prevent runaway skis injuring another skier/boarder farther down the hill.
- ❄ Snowboarders should check their bindings by ensuring all the screws are tight and in place. Carry a multi-driver with you.

Skis and Poles

- ❄ Both skis and poles should be adjusted according to the skier's height, weight and ability.
- ❄ Skis should be tuned and waxed regularly. Waxing helps to maintain the base of the skis, enhance the longevity of the skis, and ensures good performance.
- ❄ Learn proper poling techniques. Always let go of poles in a fall. This helps to prevent wrist and shoulder injuries.
- ❄ Use ski poles with properly adjusted wrist straps that possibly have a wrist strap release.

Snowboards

- ❄ Make sure snowboards are properly adjusted and fit.
- ❄ Snowboards should be tuned and waxed regularly. Waxing helps to maintain the base of your snowboard, enhance the longevity of the snowboard, and ensures good performance.
- ❄ Make sure that your snowboard has a safety leash. Many ski resorts require that you wear a safety leash. The safety leash connects the front of your leg to the front binding. If the binding breaks, the safety leash keeps you connected to the board.

- * Snowboarders should check their bindings by ensuring all the screws are tight and in place.

Goggles

- * Wear goggles that are approved by the Canadian Standards Association (CSA).
- * Goggles or sunglasses with UV protection are best because they help guard against the reflection of the sun off the snow.
- * Goggles or sunglasses also help to protect the eyes from the wind and blowing snow. Goggles are best in conditions when there is snow blowing.

Clothing

- * All clothing should be wind and water-resistant, and breathe well. Jackets and pants should be made from a nylon style material or GORE-TEX®. Appropriate underlayer clothing includes synthetics or insulating fleece or wool.
- * Jeans and sweat pants are inappropriate types of clothing. These materials pick up snow, and can leave the skier/boarder wet. Water/wind proof outer layers should be worn. Sweat pants or long underwear can be worn underneath. Avoid wearing cotton.
- * Dressing in lightweight layers is best. Clothing can be added or removed as weather conditions and/or exertion levels change.
- * When purchasing clothing, look for wind flaps to cover zippers, snug cuffs at the wrists and ankles, and collars that come right up to the chin.

Gloves and Neck Tubes

- * Wear mittens rather than gloves in very cold conditions. Mittens help to keep the hands warmer.
- * When snowboarding, be sure to wear gloves or mittens with wrist reinforcement, if possible. Reinforcement in the gloves helps to protect the wrists from injury.
- * Gloves that are waterproof and breathe well help to prevent excessive heat loss. Mittens that have a synthetic or leather outer lining are best for protection from the snow, cuts and scrapes.
- * Wear neck tubes rather than scarves. Scarves can get caught on objects. If wearing a scarf, make sure that it is tucked inside your jacket.



Check the Weather!

- * Always check the weather. Avoid skiing and boarding in poor conditions. Be aware of circumstances that may cause injury such as icy conditions and poor visibility. Most ski areas have a website or snow phones with current weather and snow conditions.
- * Always wear sunscreen to protect against sunburns. When the sun reflects off the snow, it is stronger than you think.
- * Know about avalanche safety. Although there are techniques used to predict and avoid avalanches, it is important to be well-versed in avalanche safety and search and rescue techniques. If you are even **considering** skiing/riding in out-of-bounds or backcountry terrain, it is **vital** that you take a course in avalanche awareness. See the website of the Canadian Avalanche Centre for more information (www.avalanche.ca).
- * Observe all posted signs and closures at the resort, mountain or hill. Conditions change with the weather, and runs are often closed for decreased visibility, poor conditions, or avalanche control work.



On the Hill

Get Lessons

- * Lessons are a good way to learn to ski/board in a group. Learning proper technique helps to reduce the risk of injury for the skier and snowboarder. Through lessons, the instructor or coach will take you to the terrain that is most appropriate for you, and help you to develop and improve your skills. Every resort has a ski and snowboard school that offers different lessons, ranging from introductions for first timers to high-performance lessons that will hone your skills in the Race course or the Terrain Park. Contact your local resort to find out what they have to offer.

Ski/Board with a Buddy

- ✧ Make sure you ski/board with a buddy.
- ✧ Always establish a meeting place on every run. Being alone, on a hill where you have never ridden before, and having no idea where you are, is not safe. Having a buddy who is watching out for you and will bring you back to familiar ground is key in maintaining your safety.

Mishaps Happen

- ✧ Providing injury prevention knowledge is key in helping to reduce injuries. However, even with injury prevention knowledge, there is still a risk of injury.
- ✧ If an injury happens, you can follow these steps:

1. Recognize the Situation

- ✧ Recognize that an injury has happened. By acting quickly, you will help the injured person.

2. Personal Safety

- ✧ Always prevent additional injuries to you, the injured person and other skiers/riders.
- ✧ The international signal for a skiing incident is a pair of crossed skis, approximately 10 meters uphill from where the incident occurred. This notifies skiers to avoid the area, and alerts the Ski Patrol that assistance is needed.
- ✧ If you are in an area where others may not be able to see you, be sure to cross skis or place your board across the run high enough up the hill so that others will be able to see you.

3. Getting Help

- ✧ Advise area employees or the Ski Patrol as soon as possible.
- ✧ If you see a fallen skier or boarder, always ask if they require help. If they are badly hurt, you may have to make that decision yourself.
- ✧ Send someone for the Ski Patrol, and make sure they know the exact location of the incident, such as the run that the injured person is on, the distance from the top or bottom of the run, and the run name if known. Be sure to send at least two people with the message, in case it is not passed on properly.
- ✧ Most chair lift and T-bar huts have phones, and the lift attendants can often call the Ski Patrol for you.



4. While Waiting

- ❄ Clear the site of the incident and keep it safe.
- ❄ While waiting for the Ski Patrol to arrive:
 - ❄ Ask the injured person to remain still, especially if they are complaining of neck or back pain.
 - ❄ Keep the injured person warm. If it does not disturb the injury, an extra jacket should be placed on the injured person's shoulders or underneath for the injured person to sit on. Replacing the injured person's toque or glove may be appreciated if it does not disturb the injury.
 - ❄ Never give the injured person anything to eat or drink, even if they ask. If people stop to see the incident, ask them politely to keep moving so that they will not create a hazard by blocking the hill.
 - ❄ Never remove the injured person's skis or board, or unfasten their boots. Any equipment that is not attached to the injured person such as loose skis or poles, should be set aside to avoid someone running into the equipment. This also clears the area for the Ski Patrol.



- ❄ Ask if there are any witnesses to the incident. Perhaps someone can provide the details of how the incident happened. It may be necessary to obtain names and addresses of witness.

5. The Ski Patrol Arrives

- ❄ The Ski Patrol will be in charge when they arrive.
- ❄ They may ask for assistance or details of the incident. Offer help in any way possible.
- ❄ Spectators are not welcome at an incident scene, and so if your assistance is not required, please leave the Ski Patrol to do their job.

Get Prepared and Stay Fit!

- ❄ Improving and maintaining strength, flexibility and endurance is key. Engaging in a conditioning program on a regular basis can help with this.
- ❄ Always warm-up and stretch before skiing and snowboarding. Cooling down and stretching afterwards is also essential.
- ❄ Being mentally trained is another aspect of staying fit, and is also an essential aspect of injury prevention. Have realistic goals and expectations. It takes professionals hundreds of days on the mountain to accomplish the tricks and techniques that you see them do.

Eat Right and Rest Well!

- * Eating the right foods and replenishing your energy, will enhance your performance and reduce the chances of suffering injury. Refer to the Canadian Food Guide for information on how to ensure a proper nutritional intake.
- * Drink plenty of water. Be careful not to become dehydrated.
- * Be sure to get enough rest before a day of skiing and snowboarding.
- * Don't over do it. Fatigue can cause injury by weakening muscles and impairing the ability to focus. If you're tired, stop!
- * Don't drink alcohol or take drugs while skiing and snowboarding. Alcohol and drugs can affect your skiing and snowboarding performance and impair your skill, judgment and coordination. Alcohol use also contributes to hypothermia.

Know about Renting Equipment and the Dangers of Used Equipment



- * Feel good and confident that the equipment you rent at a resort will be in good condition. The individuals who rent the skis have special training in fitting and sizing the equipment.
- * Skiers and snowboarders who rent equipment will not be as familiar with their equipment as someone who owns equipment. Be especially cautious on the first few runs until you know your equipment and how it works!
- * If you use old or handed down equipment, be aware that older designs may have bindings that do not release as well as newer models, and may not work properly with your boots. Always have your equipment checked out by a Ski Technician first. Be sure that your boots and bindings are compatible and that your bindings will function properly. Don't make the mistake of showing up for a day of skiing without working equipment, no one likes to wait for someone that isn't properly prepared.

Know the Right Behaviour. Respect!

- * Always show courtesy to others while on the slopes or the terrain parks.
- * There are elements of risk in skiing and snowboarding that knowledge, common sense, and personal awareness can help minimize.
- * Know the right behaviour as shown in the skier and snowboarder Alpine Responsibility Code and Mountain Code of Conduct, and share it with others. These Codes are a basic set of rules for conduct on the hill, just like rules of the road while you are driving. Know the code.
- * As riders gather on the in-run for a jump or obstacle, there is a pecking order of using terrain park features and half pipes. This is on a first come first serve basis, as in any other


sort of line up. These lines can be a bit disorderly. One common mechanism is to announce when it is your turn to go, which is commonly done by raising your arm and calling "Dropping Next." Clear the landing as soon as possible.

- ❄ It is important that you are aware of what is going on around you in the park and pipe, and that you make sure that you are using the same signals as everyone else so that communication between the riders is the same.

ALPINE RESPONSIBILITY CODE/ MOUNTAIN CODE OF CONDUCT

There are elements of risk associated with skiing and snowboarding that common sense and personal awareness can help to reduce. Codes of conduct have been established to help reduce risk and enhance safety while on the slopes and in terrain parks. Two English codes are used in Canada: 1. The Mountain Code of Conduct, which is used in Quebec, and 2. The Alpine Responsibility Code, which is used in all of the other provinces and territories. Please follow the codes that are listed below and share them with your fellow skiers and riders. Help each other to have a safe outdoor experience.

ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE SLOPES, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

1 Always stay in control. You must be able to stop, or avoid other people or objects.	6 Always use proper devices to help prevent runaway equipment.
2 People ahead of you have the right-of-way. It is your responsibility to avoid them.	7 Observe and obey all posted signs and warnings.
3 Do not stop where you obstruct a trail or are not visible from above.	8 Keep off closed trails and closed areas.
4 Before starting downhill or merging onto a trail, look uphill and yield to others.	9 You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.
5 If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.	10 You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.


**Know the Code - Be Safety Conscious
It is Your Responsibility**

Mountain Code of Conduct

Code adopted under the Act respecting safety in sports.
This Code applies to all persons practicing snow sports.

- 1** Remain in control of your speed and direction. Make sure you can stop and avoid any person or obstacle.
- 2** Yield the right of way to persons downhill and choose a course that ensures their safety.
- 3** Stop on a trail only if you are visible from above and if you are not obstructing the trail.
- 4** Yield the right of way to persons uphill when entering a trail and at intersections.
- 5** If you are involved in or witness an accident, remain at the scene and identify yourself to a first-aider.
- 6** Use and wear at all times a proper device to prevent runaway equipment.
- 7** Keep out of the lifts and trails if your ability is impaired through use of alcohol or drugs.
- 8** Obey all signs and warnings and never venture off the trails or onto a closed trail.

There are elements of risk that common sense and personal awareness can help reduce. Regardless of how you decide to use the slopes, always show courtesy to others. Observe the code listed above and share with others the responsibility for a great outdoor experience.



You must obey all other rules and signs pertaining to any particular activity as marked out by the resort.

ALPINE RESPONSIBILITY CODE ¹	MOUNTAIN CODE OF CONDUCT ²
<p>1. Always stay in control. You must be able to stop, or avoid other people or objects.</p>	<p>1. Remain in control of your speed and direction. Make sure you can stop and avoid any person or obstacle.</p>
<ul style="list-style-type: none"> ✧ Control involves being able to avoid a collision or incident, as well as being safe if another skier/rider falls close to you, or if there is a sudden change in the terrain. ✧ Ski or ride defensively. Always be prepared for the unexpected. ✧ Be aware of others on the run and ski/ride under control so that stopping and/or avoiding collisions can easily be done. 	
<p>2. People ahead of you have the right-of-way. It is your responsibility to avoid them.</p>	<p>2. Yield the right of way to persons downhill and choose a course that ensures their safety.</p>
<ul style="list-style-type: none"> ✧ A skier/rider's path or line is determined by watching their movements and anticipating their direction changes. ✧ Uphill skiers/riders must avoid the person downhill and never ski or ride close enough to that person to scare them or make them lose their concentration and control. This is especially true for snowboarders, since they have a blind side; they have to be even more aware of what is going on around them. ✧ Novice skiers/riders tend to make wider, less predictable turns and will sometimes traverse from one side of the run to the other. Downhill skiers/riders have the right of way, however they should not shoot across the hill without warning, or cut off other skiers/riders. ✧ Be aware of skier traffic behind you. Don't make any erratic moves. Check over your shoulder frequently and especially if you want to move from one side of the run to the other. ✧ Always be in control. If you have stopped on a slope, always check uphill before starting again to avoid interfering with others. 	
<p>3. Do not stop where you obstruct a trail or are not visible from above.</p>	<p>3. Stop on a trail only if you are visible from above and if you are not obstructing the trail.</p>
<ul style="list-style-type: none"> ✧ Before stopping on a trail, take a look to consider the general pattern of the skier/rider traffic. ✧ Stop at the side of the trail, in view, but out of the way of oncoming traffic. ✧ You will want to be seen by others coming down the slope, but not in a spot that will cause the oncoming skier/rider difficulty in stopping or changing direction to avoid you. 	
<p>4. Before starting downhill or merging onto a trail, look uphill and yield to others.</p>	<p>4. Yield the right of way to persons uphill when entering a trail and at intersections.</p>
<ul style="list-style-type: none"> ✧ Make sure that you are not going to get in the way of other riders coming down the hill and that the trail is clear before you get going. 	
<p>5. If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.</p>	<p>5. If you are involved in or witness an accident, remain at the scene and identify yourself to a first-aider.</p>
<ul style="list-style-type: none"> ✧ With all collisions or incidents, it is important to make sure that whomever was involved is taken care of by the Patrol. The Patrol is going to want to know the details and to establish the cause of the incident. Once the Ski Patrol arrives, they will take control at the incident scene. ✧ Witnesses will be asked to provide any information they may have to the patrollers, and may be asked to help control the public. Offer to help in any way possible. Before you leave the scene, ask the patroller if they need your contact information. Offer to write it down for them if they are busy. If your assistance is not required, please leave the scene so that the Ski Patrol can do their job. 	

ALPINE RESPONSIBILITY CODE ¹	MOUNTAIN CODE OF CONDUCT ²	
6. Always use proper devices to help prevent runaway equipment.	6. Use and wear at all times a proper device to prevent runaway equipment.	
<ul style="list-style-type: none"> ✧ A skier/rider must use a braking or retention system at all times. ✧ Skis with broken or missing ski brakes are not allowed on a hill, and must be replaced with a pair with functioning brakes. ✧ All snowboards must have a brake or retention device. ✧ Runaway skis or snowboards without proper braking systems can cause serious injury, even death. 		
7. Observe and obey all posted signs and warnings.	8. Obey all signs and warnings and never venture off the trails or onto a closed trail.	
8. Keep off closed trails and closed areas.	<ul style="list-style-type: none"> ✧ Signs are posted to provide direction, indicate levels of expertise, and to warn. Signs must be obeyed at all times, as they are posted to alert you of potential hazards and obstacles that you might not have seen. ✧ Signs like the one at the top of Terrain Parks have details on them that you need to read. Stop and take a second to make sure that you understand them. ✧ Ski trails and areas are closed for good reason. There may not be enough snow on a run to safely navigate it, or there may be so much new snow that there is Avalanche Danger that the Patrol has not yet been able to control. ✧ There may be a race taking place on a run, or there may be machinery grooming or preparing the run. In any case, the run is closed for good reason, so heed the sign. 	
9. You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.	7. Keep out of the lifts and trails if your ability is impaired through use of alcohol or drugs.	
<ul style="list-style-type: none"> ✧ Judgment, coordination, and reaction times may all be impaired by the use of alcohol and drugs. This impairment can result in serious injury when on a ski slope. Remember to ski or ride responsibly at all times. 		
10. You must have sufficient physical dexterity, ability and knowledge to safety load, ride and unload lifts. If in doubt, ask the life attendant.	<ul style="list-style-type: none"> ✧ There are a number of types of lifts ranging from rope tows, t-bars, and platter-pulls to multi-person chairlifts and gondolas. If you are unfamiliar with a particular style of lift, ask the attendant for assistance. ✧ Chairlifts are equipped with restraining devices that should always be pulled into position as soon as possible after sitting down and raised at the last practical moment. 	
¹ The Alpine Responsibility Code is used in every province and territory, except in Quebec.		
² The Mountain Code of Conduct is used in Quebec.		



Respect the Mountains

- ❄ The mountain you are riding on presents the most danger to you, and is the most variable and the hardest thing to predict when you are riding. Make sure that you choose terrain that is suitable for your ability.
- ❄ There are signs posted by the Resort that help to keep you informed of what is going on around you.
- ❄ There are clothing, equipment, and helmets that help to protect you and reduce the risk of injury.

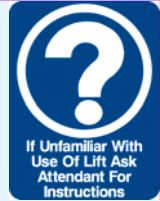


Using the Ski Lifts

- ❄ There are common courtesies and basic guidelines for riding the various surface and aerial ski lifts which you should be familiar with:
 - ❄ Obey all posted instructions.
 - ❄ Do not use a lift until you are familiar with its operation. Watch and learn or ask for assistance.
 - ❄ Slow down before approaching the entrance to a lift.
 - ❄ Load and unload only at designated area.
 - ❄ Be polite and courteous at the loading area.
 - ❄ Do not bounce or otherwise abuse lift equipment.
 - ❄ Make sure no loose clothing is caught in lift before unloading.
 - ❄ Move quickly away from unloading areas.
 - ❄ If a lift stops, do not attempt to get off. Remember if there is a mechanical problem, area personnel will provide assistance.
 - ❄ When riding a lift with small children, have them load on the side that the lift operator is working. Tell the lift operator if the child needs help getting on. They can stop or slow the lift for you and help lift the child onto the chair. (It is best if the lift operator does the assisting)

Know the Signs-Chairlifts!

It is important that you learn how to get on and off a lift properly. A lift attendant will assist if you have any questions. Be sure to ask before you load though, not as you sit down on the lift.



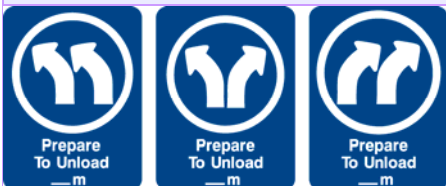
Take your poles off of your wrists and be sure to point them forward when you get onto the lift. The attendant has no need to get poked by your ski pole. Snowboarders should take their rear foot out of the binding.

Always lower the restraining device as soon as possible after sitting down. It is a good thing to let the other riders on the chair know that you are putting it down so that heads don't get hit.



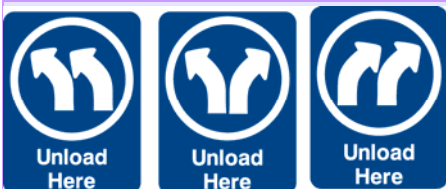
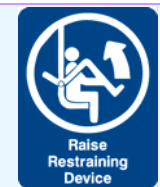
Swinging or bouncing could cause mechanical failure or dislodging of the cable that may result in injury to yourself or others.

Remember to keep your ski tips or board up to avoid them catching on a platform or snow surface. You don't want to be the person who gets knocked off of the chair because you weren't paying attention.



At many Resorts, the distance to the unloading area will be indicated in meters at the bottom of the sign. The arrows indicate the direction to take once you unload from the chair. Be sure that you go the right way to avoid collisions.

Lift the restraining device when you see this sign and prepare to unload making sure that your clothing is not caught and your ski/board and pole tips are raised. Be careful not to unload too soon.



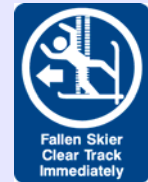
It is time to unload. The arrows indicate the direction to take once you unload from the chair. When you have unloaded, move clear of the off-loading area as quickly as possible to allow room for those coming behind.

This is for the attendant's use in case an emergency stop is required.



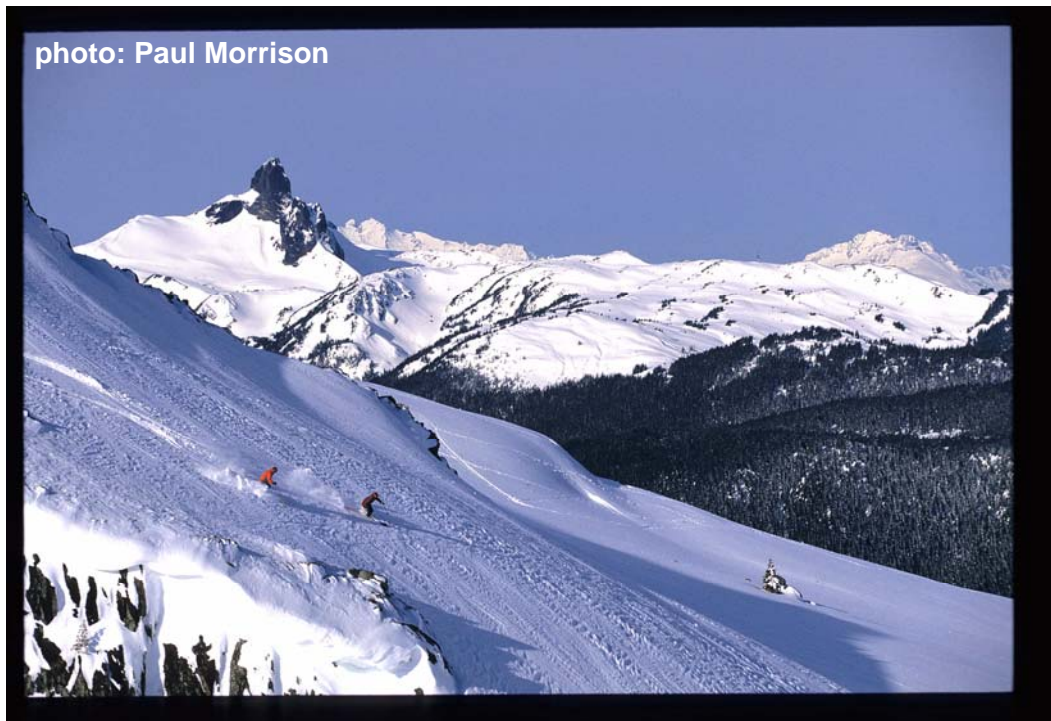
When using a t-bar, rope tow or platter-pull, always stay in the track. Veering off the track may cause the cable to derail and the lift to stop.

If you fall when going up the tow, move immediately off the track.







T-bars should never be placed between a skier's legs. In case of a fall, the skier could be dragged.

Make sure that scarves, hats, or any other clothing articles are secured to avoid catching on the lift.



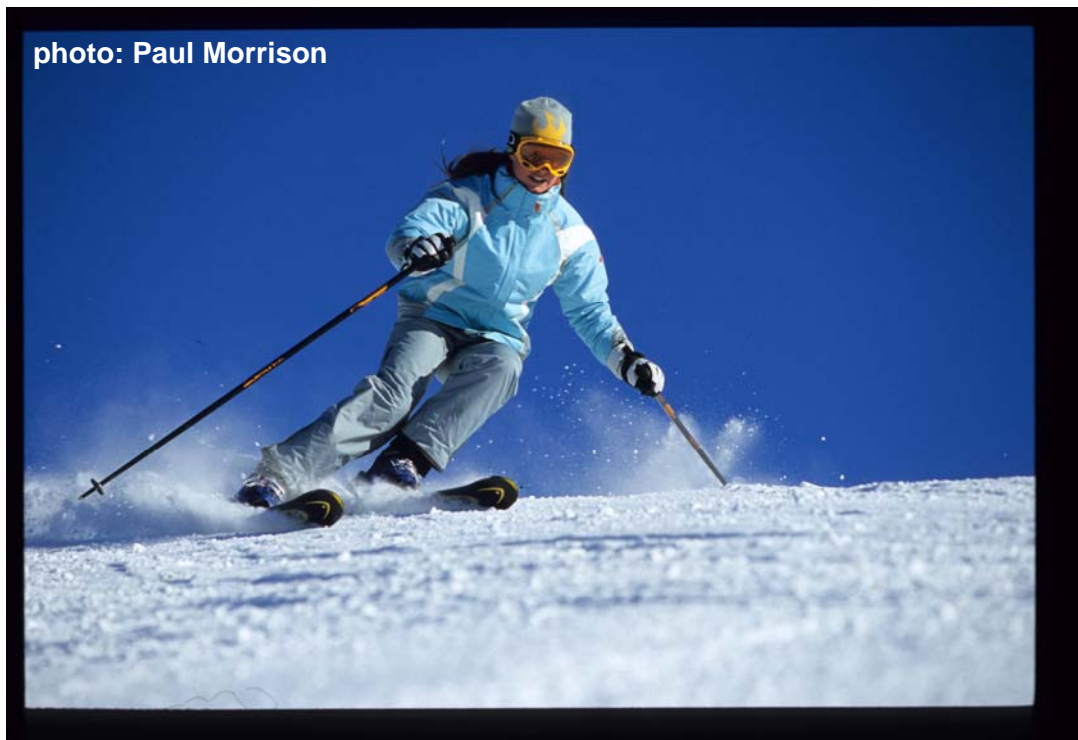
Know the Levels of Difficulty!




- * Each run on the mountain has a level of difficulty assigned to it, which lets you know what ability level is required in order to enjoy the run safely.
- * You should become familiar with the trails and respect their posted level of difficulty.
- * If you are a novice, choose runs designed for your capability. Beginners on an advanced slope may find themselves in a precarious situation where their safety or that of the skiers or riders around them is in jeopardy.
- * No matter what level you are, you should not be pressured to go down a run that is above your ability. Also, expert skiers or riders in a beginner's area may be intimidating and potentially dangerous if they are skiing/ riding faster and more aggressively than the other skiers or riders on the run.

Message	Sign
Runs marked with this symbol are the easiest at the ski area. These runs are designed for the Beginner/Novice skier or rider.	 EASIEST
Runs marked with this symbol are designed for the Intermediate skier/rider. They will usually have a steeper grade, or can be narrower than the "Easiest" runs.	 MORE DIFFICULT
Runs marked with this symbol are designed for the Advanced skier/rider. These runs will be steeper and narrower than the More Difficult runs, and will have challenging terrain. Runs marked as Double Black Diamonds will be the most difficult on the mountain and are for Expert skiers/riders only.	 MOST DIFFICULT
A sign with this symbol is placed in a spot that requires a skier/rider to proceed with caution. It may be flagging a rock or stump protruding through the snow, or is a caution that the run is narrowing or the slope is changing at that point. Always slow down when you see this sign.	 CAUTION

Know the Terrain Park

- * The terrain park sign is one of the most important ones on the mountain.
- * Skiers/ riders need to read and understand this sign completely prior to entering the terrain park.
- * Snowboarding and skiing involve the risk of injury, and airborne maneuvers increase this risk. Inverted aerials substantially increase the risk of serious injury and are not recommended.
- * Anyone using the Terrain Park assumes the risk of any injury that may occur.
- * You should not feel pressured into entering the Terrain Park or trying a jump that is above your skiing/ riding ability.
- * A Terrain Park is marked for levels of difficulty. Only skiers/ riders with Advanced Skills should enter into the park and attempt any of the jumps.
- * Terrain Park feature markings/ratings are not the same as ski runs. Using Terrain Park features requires more skill than skiing or riding on a marked ski run. These ability ratings are different than those of the other runs on the hill, or of lesson levels that you may have been in at your Resort.
- * An intermediate marking on a terrain park feature, means that it is intermediate within the scale of the rest of the park – you must still be at an advanced level to use that feature, but in terms of the scale of the rest of the park, that feature is intermediate. If you are not sure if you have the skills to go in the Terrain Park, get a lesson from one of the Resort's Certified Instructors.



Message	Sign
<p>Marginal snow conditions mean that there is not enough snow to safely navigate the run. There may be rocks, bare ground, tree stumps or any other ground cover on the run instead of snow. If you see one of these signs, avoid the area and take another run.</p>	
<p>SIGN # 1 Closed Avalanche Danger indicates an area is temporarily closed while avalanche control is underway or while an avalanche hazard exists. Violators will have skiing/riding privileges suspended.</p>	
<p>SIGN # 2 Indicates an area is permanently closed for safety reasons including cliff and cornice danger. Violators will have skiing/riding privileges suspended.</p>	
<p>SIGN # 3 Indicates a trail/area is temporarily closed for safety reasons including lack of snow or hazardous skiing/riding conditions. Violators will have skiing/riding privileges suspended.</p>	
<p>VIOLATORS OF ANY OF THE ABOVE CLOSURES WILL RESULT IN SUSPENSION OF SKIING/ RIDING PRIVILEGES.</p>	
<p>SIGN # 4 Orange Rectangle – Ski Area Boundary Indicates the skier has reached the ski area boundary. The area beyond the boundary is not patrolled or controlled. You are using the terrain at your own risk. You must be prepared for self rescue.</p>	
<p>ANY PERSON REQUIRING EVACUATION FROM A CLOSED AREA OR OUTSIDE THE SKI AREA BOUNDARY WILL BE REQUIRED TO PAY ALL RESCUE COSTS.</p>	
<p>This Sign indicates that the run is closed for skiing or riding. Runs may be closed for various reasons including hazardous conditions, avalanche danger, extreme cliff areas or any of a number of reasons.</p> <p>Violation of run closure will result in suspension of skiing/riding privileges.</p> <p>Do not ski or ride on runs marked with this sign.</p>	

Lift Tickets

- * Skiers/Riders require a lift ticket prior to getting onto the lift or riding down from an elevated base area.
- * A lift ticket allows access to the ski area runs, and by wearing a lift ticket, the skier/rider is agreeing to the restrictions of the mountain and takes on the responsibility of respecting the rights of all other skiers and riders.
- * A lift ticket is issued for the day (s) you are skiing/riding. The dates are printed on the front of the ticket. Exclusion Liability is on the reverse of the ticket.
- * The ski area requests that everyone accepting a lift ticket with the intent to use it read this information.
- * Exclusion of Liability conditions are also found on a sign at the Lift Ticket window at the ski area and at other prominent areas such as Ski School Sales Desks and in visible areas in Lodges.
- * Everyone who purchases a lift ticket should be aware of these conditions and realize that they are accepting responsibility for their own safety.

Lift Ticket Window Sign, Exclusion of Liability

PLEASE READ
EXCLUSION OF LIABILITY
ON TICKET

NOTICE TO SKIERS, SNOWBOARDERS & LIFT PASSENGERS
EXCLUSION OF LIABILITY
ASSUMPTION OF RISK
JURISDICTION

THESE CONDITIONS WILL AFFECT YOUR LEGAL RIGHTS
PLEASE READ CAREFULLY!

As a condition of use of the ski area facilities, the Ticket Holder assumes all risk of personal injury, death or property loss resulting from any cause whatsoever including but not limited to the risks, dangers and hazards of skiing, snowboarding and other recreational activities, the use of ski lifts, collision with natural or man-made objects or with skiers, snowboarders or other persons, travel within or beyond the ski area boundaries, or negligence, breach of contract, or breach of statutory duty of care on the part of the ski area operator and its employees, agents, representatives and sponsors (hereinafter collectively referred to as the "ski area operator"). The Ticket Holder agrees that the ski area operator shall not be liable for any such personal injury, death or property loss and releases the ski area operator and waives all claims with respect thereto. The Ticket Holder agrees that any litigation involving the ski area operator shall be brought solely within this Province or Territory and shall be within the exclusive jurisdiction of the Courts of this Province or Territory. The Ticket Holder further agrees that these conditions and any rights, duties and obligations as between the ski area operator and the Ticket Holder shall be governed by and interpreted solely in accordance with the laws of this Province or Territory and no other jurisdiction.

THE SKI AREA OPERATOR'S LIABILITY IS
EXCLUDED BY THESE CONDITIONS

PLEASE ADHERE TO THE ALPINE RESPONSIBILITY CODE
AND BE RESPONSIBLE FOR YOUR OWN SAFETY
IN ALL ACTIVITIES

August 2000



Summary of Responsible Actions to Prevent Serious Injuries


A safe and positive learning environment which helps skiers and snowboarders make appropriate decisions can only be achieved through the continued efforts of instructors, coaches, organizations, parents, and teachers. Get educated! The more you know, the less likely you are to get injured.

Prevention Tips for Skiers and Snowboarders

- ✧ Be aware of, follow and respect safety codes such as the Alpine Responsibility Code and Mountain Code of Conduct.
- ✧ Ski and snowboard on slopes and in terrain parks that are suitable to your skill level and ability.
- ✧ Always stay on main trails and groomed runs.
- ✧ Practice and sound technique are key in maintaining safety.
- ✧ Know your limits. Don't try maneuvers beyond your ability.
- ✧ Be aware and alert! Look for hazards such as rocks, trees, and ice, and be aware of weather changes.
- ✧ Make sure that you are physically and mentally fit. To participate safely, you must be well rested and focused, and do not drink alcohol or take drugs before or during skiing or snowboarding.
- ✧ Always make sure that you are wearing the appropriate equipment and clothing, and that all of your gear fits properly.
- ✧ Protect yourself from the sun. Wear sunscreen.
- ✧ If you are a beginner, get lessons from a qualified CSIA and CASI instructor. Skiing and snowboarding lessons help to promote safe practices, and make the sports more enjoyable and safer. Lessons are of continuing benefit to accomplished skiers and snowboarders.
- ✧ Never ski or snowboard alone. Make sure someone knows the slopes and terrain parks where you will be skiing/boarding and the time that you will be returning. That way, they will know where and when to start looking for you if you do not return at the time you specified.
- ✧ If you have suffered an injury, allow for complete recovery before returning to the sport.

Prevention Tips for Parents

- ✧ Educate yourself about skiing and snowboarding safety. This will help you to recognize how injuries occur, and how you can help prevent them!
- ✧ Review with your child the ski and snowboarder Alpine Responsibility Code/ Mountain Code of Conduct.
- ✧ Discuss with your child the importance of staying within the area boundary, and off closed trails or runs.

- 
- * Always make sure that your child is wearing the appropriate equipment (helmet, eye protection, etc.) and clothing, and that their gear fits properly and is in good condition. Ski helmets are a good idea.
 - * Be prepared for any sudden changes in weather. Dressing in layers, and wearing the appropriate clothing such as mittens, hats, etc., helps to protect your child from the cold. Make sure that they are wearing clothing made out of the appropriate materials.
 - * Young and beginner skiers and snowboarders should always be supervised.
 - * Make sure your child has all of the necessary phone numbers written on a piece of paper, and kept in their pocket in case of emergency. Look inside the safety brochure to find the skier/ boarder safety I.D. card. This brochure can also be downloaded from the ThinkFirst Canada website at www.thinkfirst.ca.
 - * Do research about the resort that your child is skiing or snowboarding at. Ask questions about the structure of their programs, the number of children in their classes, and other safety issues.
 - * Providing ski or snowboard lessons for your child is beneficial. Lessons will enhance the skill level and abilities of your child.

Prevention Tips for Instructors/Coaches

- * Keep current with changes and trends that affect the skiing and snowboarding community. Your interests and those of your clientele depend on it. Information technology now allows for the widespread distribution of knowledge. Regardless of your history in the skiing and snowboarding industry, professional re-evaluation and continuing education have become the reality for dedicated practitioners in all walks of life.
- * Have good knowledge of the slopes and runs, and always inform the skier and snowboarder of the slope and/or run appropriate to the skier or boarder's size and ability level.
- * Provide parents with knowledge regarding purchasing equipment.
- * Never let a skier or snowboarder on the slopes or terrain parks unless he/she is wearing the appropriate equipment and that the equipment fits properly and is in good condition.
- * Always supervise the child or adult while skiing or snowboarding.
- * Be a role model and set a good example. Ski and snowboard safely yourself. Set realistic goals for your clients and conduct business in an ethical manner.

Prevention Tips for Organizations

- * There should be a written policy outlining safety procedures.
- * The rules and regulations of the policy should be strictly enforced. It is recommended that a Safety Committee be established for this purpose.
- * Skiers, snowboarders, and parents must respect the rules implemented by the organizations.
- * A record of all injuries should be kept. This should be reviewed periodically by the committee to determine activities or areas which may need attention.
- * Safety should be the first consideration in the planning of any activity or event.
- * The policy should be regularly reviewed by skiers, snowboarders, and parents, and should recommend that all regularly review this program.



Prevention Messages for School Trips for Skiing and Boarding can be Enjoyable and Safe

School field trips are one of many ways in which children are provided with the opportunity to be physically active. OUR AIM IS TO ENSURE THAT activities that occur in a SCHOOL SETTING ARE AS SAFE AS POSSIBLE. Supervision is of paramount importance.

During the winter, field trips are focused on snow sports. Approximately 40% of the injuries reported on winter school trips are ski and snowboard related. Other winter sports, such as snowblading, sledding, and tubing, are also high-risk activities that require a great deal of supervision and expertise. Ski and snowboard outings are common examples of trips that are offered by schools in order to enhance the physical activity level of their students. The risks of ski and snowboard trips can be reduced by having parents and schools work together. The following guidelines are provided which will help these two groups to ensure safety measures and reduce the risk for students on the slopes and terrain parks. Field trips that are well planned, organized and structured, provide an opportunity to teach skills, safety awareness, and injury prevention techniques.

What Parents Should Do

1. Make sure that you and your child read this safety booklet. The information in this booklet will tell you and your child what you need to know and how to be safe while skiing and snowboarding;
2. Find out the details of the ski and snowboard outing, and what is involved;
3. Review with your child the details of the trip and reinforce behaviour expectations. Make sure that they know the Alpine Responsibility Code/ Mountain Code of Conduct;
4. Ask the following questions:
 - ❖ **How does the school plan to ensure my child's safety during the trip?** Recommend that the school show the "A Little Respect: ThinkFirst!" program, and that the teacher review all of the safety components in this booklet with their students.
 - ❖ **What are the potential hazards of going on skiing and snowboarding trips?** Review the booklet and ask the teacher about any other possible hazards that may not have been identified.
 - ❖ **Have there been mishaps on similar trips and how have they been addressed?**
 - ❖ **Will adults be supervising and if so, what are their qualifications? Can they ski and snowboard?** Individuals supervising elementary schools during their ski and snowboard trip should watch the "A Little Respect: ThinkFirst!" program and read all accompanying materials. Similarly, individuals supervising middle and high schools

during their ski and snowboard trip should watch the “Respect” program, and read all accompanying materials.

- ❖ **As teachers, what do you expect from the children, and what is the educational value for them attending this trip?**

What Teachers Should Do

A great deal of preparation is required in planning a school trip. Teachers need to be aware of all of the benefits and possible risks of planning a school trip. In Ontario, the Ontario School Boards Insurance Exchange (OSBIE) provides a package for teachers on how to safely plan a ski and snowboard class trip. The document entitled “School Board/Snow Resort Safety Guidelines For Out-Of-School Trips for Winter Sports Education Programs” provides good information for teachers regarding the planning and management of a safe trip. It is recommended that teachers in Ontario use this document, which can be found on the OSBIE website at <http://www.osbie.on.ca>. For teachers in other provinces, please contact your local school board insurance exchange to determine if there are similar materials available. Such guidelines may also be found at your local ski area association or mountain resort. In the province of Quebec, for example, a manual entitled “La Trousse Avant-Ski,” was developed specifically for teachers to help them organize a school ski trip. For more information about this manual, please contact the Quebec Ski Areas Association.

In addition to following these safety guidelines, it is essential that you incorporate the video, “A Little Respect: ThinkFirst!” into the planning of your ski/snowboard day. Be sure to watch the program with your students, and to review the educational booklet with them. Provide them with a list of essential items that they need to complete or bring, which will help to ensure their safety while skiing and snowboarding.





Specific Injuries in Skiing and Snowboarding and How They Can Be Prevented

Regardless of whether the skier or snowboarder is participating at a recreational or professional level, or a beginner or intermediate athlete, all are at risk of suffering ski or snowboard-related injuries. Even the most experienced and knowledgeable individual, who is wearing the proper equipment, is not immune to injury.

An Overview of Skiing and Snowboard Related Injuries

In the sport of skiing, sprains, cuts, fractures, and bruises are the most common types of injury. In regard to the lower extremities, the knee is the most commonly injured body part. Lower limb injuries may result from factors such as the inadequate release of bindings. The ability of the bindings to release properly may be dependent on the quality of the binding, the adequacy of its adjustment and the condition of the boot sole. In terms of the upper extremities, the thumb is most commonly injured, followed by the shoulder. Thumb sprains, followed by fractures and dislocations of the shoulder, can be attributed to falling on the thumb and falling on an outstretched hand while holding onto the ski pole. Remember, always let go of the ski pole when falling.

Similarly, snowboarding injuries most commonly experienced are sprains, cuts, fractures and bruises. Other common injuries include those to the arms, ankles, and wrists. Injuries mainly happen to the upper limbs, followed by the lower limbs. Such injuries can be serious, and lead to physical disability. Head injuries commonly occur when snowboarders fall backwards, hitting their head on hard snow. Injuries to the arms, wrists, and hands occur because snowboarders use them to break falls. Lower limb injuries predominantly happen to the boarder's leading leg. Injuries to the ankle commonly occur among boarders who wear soft shell boots. Knee injuries and shin fractures are more common to snowboarders wearing hard shell boots. Remember, pick the right type of boot that is suitable to your skill level. Be sure to ask the appropriate person for advice about the style of boot to choose.

The most severe types of injuries such as head or spinal cord injuries are usually due to high speed collisions with other skiers, snowboarders, trees, lift standards, or the ground. If a child is suspected of having struck his/her head and/or suffered a whiplash injury or if he/she are symptomatic with headache, nausea, dizziness and other signs or symptoms of concussion the child should not ski or board for the remainder of the day. The child should be accompanied to the base of the mountain and have an adult monitor their clinical situation. Where the ski patrol or a witness suspects a concussion, the child should be assessed by a medical doctor. Most importantly, the parent, guardian or teacher responsible for the field trip must be informed of the concussion or suspected concussion so that the child's parent or guardian can be alerted to the problem. The child should not return to skiing/snowboarding until symptom-free and cleared by their physician.

Mechanisms of Injuries

The mechanisms of skiing and snowboarding injuries can vary. Different mechanisms are responsible for different injuries. In terms of snowboarding, falls and jumps are the most common cause of injury. The higher the jump, the greater the possibility of injury. Jumps that are poorly performed tend to be the most common cause of concussions and broken wrists.

Common causes of skiing injuries include falling, and colliding with other skiers or stationary objects (e.g. trees, rocks, lift towers, signs, poles) or losing control. Other factors causing injury include equipment failure, fatigue and risk taking behaviours. Using outdated, borrowed or handed down equipment can be problematic. In this case, the equipment may not fit properly, and therefore increase the likelihood of injury.

Who suffers Skiing and Snowboarding Related Injuries?

Skiing and snowboarding injuries can happen to anyone. Although skiers and snowboarders of all ages and skill levels can experience injuries, there are some groups that are at greater risk of suffering injuries while participating in such winter activities. In the sport of snowboarding, males under the age of 20 years and novices are those who are more frequently injured. According to a study conducted by the Canadian Hospitals Injury Reporting and Prevention Program (CHIRPP), in the year 2000, 88% of the children injured were between 10 and 19 years of age, and of those injured, 80% were boys. Skiers who are just learning or who are less experienced are at a higher risk of injury than those who ski at an intermediate level or are advanced skiers.



When do Skiing and Snowboarding Related Injuries Occur?

Snow sports injuries tend to occur at certain times of the day, usually in the late morning or late afternoon. This may be a result of fatigue. Remember, stop and rest when you get tired.

References

Available upon request.



Organizations that Developed this Program

This program was developed as result of contributions from the following organizations:

ThinkFirst Canada

ThinkFirst Canada is a national, voluntary, non-profit organization with over 20 chapters across Canada, dedicated to preventing injuries in young Canadians, especially brain and spinal cord injuries. The organization is endorsed by Canada's neurosurgeons, neurologists, and nurses who treat people who have had a brain or spinal cord injury. ThinkFirst provides school-based injury prevention programs for kids, conducts research on the causes of injury and the effectiveness of our programs, and are developing a hospital-based program for teens. The two free, bilingual school-based programs are TD ThinkFirst for Kids, which is a program for elementary students, and ThinkFirst-Party Later, which is a program for teens. ThinkFirst plays a major role in the prevention of sports and recreational related injuries through its ThinkFirst-SportSmart programs which include:

- ❁ *Dive Right* - a diving prevention video for elementary school students.
- ❁ *Sudden Impact* - a diving prevention program for secondary school students.
- ❁ *Smart Hockey: More Safety, More Fun!* - a one hour video educating aspiring hockey players about serious head and spinal injuries and safety in ice hockey.
- ❁ *The Smart Equestrian* - a 10 minute injury prevention program educating riders of all ages about equestrian safety
- ❁ *Smart Soccer* – a soccer injury prevention program in the form of a booklet, for ages 6 – 14 years.
- ❁ *Concussion Education and Awareness* – a program designed to enhance knowledge and awareness about concussion for the health care, athletic and general communities.

Intrawest

Whistler Blackcomb is an Intrawest resort. Intrawest Corporation is one of the world's leading destination resort and adventure travel companies. Intrawest has interests in 10 mountain resorts in North America's most popular mountain destinations, including Whistler Blackcomb, a host venue for the 2010 Winter Olympic and Paralympic Games. The company owns Canadian Mountain Holidays, the largest heli-skiing operation in the world, and a 67 percent interest in Abercrombie & Kent, the world leader in luxury adventure travel. The Intrawest network also includes Sandestin Golf and Beach Resort in Florida and Club Intrawest - a private resort club with nine locations throughout North America. Intrawest is developing five additional resort village developments at locations in North America and Europe. Intrawest is headquartered in Vancouver, British Columbia. For more information visit www.intrawest.com.

Canada West Ski Areas Association (CWSAA)

Canada West Ski Areas Association (CWSAA) is the representative body for the ski areas/resorts of Western Canada - British Columbia and Yukon, Alberta, Saskatchewan, and Manitoba. CWSAA accepts the responsibility of representing all Area Operators and Associate

Members when dealing with federal and provincial governments and other agencies. The aim of the Association at all times is to ensure that the interests of its members are safeguarded and promoted to their satisfaction. CWSAA is a federally incorporated non-profit organization comprising 93 Ski Areas/Resorts, 14 Heli/Snowcat Operations, and 169 Associate Members. The Association is a member of the Canadian Ski Council and a strong supporter and participant in all its national programs.

Ministère de l'Éducation, du Loisir et du Sport du Québec

Part of the mission of the Ministère de l'Éducation, du Loisir et du Sport of the Quebec Government (Ministry for Education, Leisure, and Sport) is to contribute to the development of sport and leisure in a healthy environment and to promote an active lifestyle to the Quebec population. One of the fields of activity of the Ministry is the development of sport and leisure and safety promotion, integrity protection and sport and leisure injury prevention. The sport and leisure interventions of the Ministry target the entire Quebec population (www.mels.gouv.qc.ca).

Canadian Association of Snowboard Instructors (CASI)

CASI is the only professional snowboard instruction certification body that is run entirely by snowboarders. It was formed in 1994 and incorporated in 1995. CASI trains and certifies snowboard instructors and coaches to ensure that a national standard of safe and efficient snowboard instruction is maintained to serve Canadian snowboarders and the snowboarding industry. CASI has close to 10,000 members. All ski areas in Canada teaching snowboarding hire CASI certified Instructors and Coaches. If you would like more information about becoming a Snowboard Instructor or Coach visit our website at: www.casi-acms.com

Quebec Ski Areas Association

The Québec Ski Areas Association is a non profit organization that represents over 70 ski areas in the province of Quebec. Our mission is to represent and defend our members' interests as well as to promote skiing and snowboarding in Quebec. Furthermore, we invest time and energy each year to increase safety on the slopes. For further information, you can visit us on the web at www.quebecskisurf.com.

Canadian Ski Patrol System

The Canadian Ski Patrol System (CSPS) is a registered, non-profit, National organization comprised of highly-trained volunteer members. The CSPS mandate is to promote safe skiing/boarding and to provide first-aid assistance to injured skiers/boarders. The CSPS membership of more than 5,000 patrollers provides a highly-skilled and responsible safety service to the ski areas and at non-skiing events across Canada. Our strength is our diverse membership and our advanced training. Our first aid and rescuer course is like no other being offered. Another important facet of the CSPS is its strong commitment to public education. With programs such as Safety Now!, Avalanche Awareness and others, members of the CSPS take the snow safety message to tens of thousands of school children every year throughout Canada.

Smart Skiing and Snowboarding Committee

This program has been possible through the efforts of the
ThinkFirst-SportSmart Smart Skiing and Snowboarding Committee

<i>Committee Member</i>	<i>Position</i>	<i>Organization</i>
Boyd, Robert	Downhill Skier	
Cusimano, Michael	Research Director	ThinkFirst Canada
Genge, Dan	Executive Director	Canadian Association of Snowboard Instructors
Goulet, Claude	Director of Sport Safety Research	Ministère de l'Éducation, du Loisir et du Sport, Quebec Government
Green, Don	President	Roots Canada
Hagel, Brent	Assistant Professor	University of Calgary
Hoshizaki, Blaine	Professor	University of Ottawa
Hunt, Brian	Neurosurgeon, Director	ThinkFirst Vancouver
Johnston, Karen	Neurosurgeon	McGill Sports Injury Clinic
Lapierre, Normand	President	Canadian Ski Instructors Alliance
Leighton, Brian	Safety Manager	Whistler Blackcomb
Péloquin, Claude	President & General Manager	Quebec Ski Areas Association (ASSQ)
Sawicki, Ozzie	Program Director	Canadian Disabled Alpine Ski Team
Spencer, Jimmie	President & CEO	Canada West Ski Areas Association (CWSA)
Tator, Charles	Neurosurgeon, President	ThinkFirst Canada
Williams, Sandra	National Director of Safety	Canadian Ski Patrol
Co-Chairs		
Hunt, Brian	Neurosurgeon, Director	ThinkFirst Vancouver
Tator, Charles	Neurosurgeon, President	ThinkFirst Canada
Staff		
Russell, Jim	Executive Director	ThinkFirst Canada
Provvidenza, Christine	Research and Program Manger	ThinkFirst Canada

Program Sponsors

AdventureSmart
Canadian Association of Snowboard Instructors
Canadian Ski Coaches Federation
Canadian Ski Council
Canadian Ski Instructors' Alliance
Canada West Ski Areas Association (CWSAA)
Dr. Tom Pashby Sports Safety Fund
Foster Hewitt Foundation
Intrawest

Krembil Family Foundation
Ministère de l'Éducation, du Loisir et du Sport, Quebec Government
Ontario Ministry of Tourism and Recreation
Ontario Snow Resorts Association (OSRA)
Quebec Ski Areas Association (ASSQ)
Salomon Canada
ThinkFirst/ Pensez d'abord Canada
Whistler Blackcomb

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How to Order Additional Copies of "A Little Respect: ThinkFirst!" and Other ThinkFirst Programs

Free copies of this program will be distributed by each of the participating organizations who have provided sponsorship.

- Additional copies of this Program can be ordered directly from ThinkFirst Canada. You may place your orders in the following ways:

- ☼ Phone: 416-603-5331
- ☼ Toll Free: 1-800-335-6076
- ☼ Fax: 416-603-7795
- ☼ Email: admin@thinkfirst.ca
- ☼ Website: www.thinkfirst.ca

- A charge will be applied to cover the costs of shipping and handling. Payment may be made by cheque or Visa. Please make cheques payable to the ThinkFirst Foundation of Canada.
- We welcome your comments regarding the DVD/ VHS, booklet and safety brochure, along with any suggestions for improvement.
- As ThinkFirst Canada is a non-profit organization, donations would be greatly appreciated and can be sent directly to:

ThinkFirst Canada
Med-West Medical Centre, Suite 2-227
750 Dundas Street West
Toronto, ON
M6J 3S3

- A receipt for income tax purposes will be provided for donations greater than \$ 10.00.

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