

GET the FACTS...



Snowboarding Safety

Snowboarding is one of the most popular and fastest growing winter sports. It has been estimated that there are 1.5 million snowboarders worldwide.

With its growth in popularity, there has also been a rise in the number of snowboarding related injuries. The most frequent injury in children is a fracture, often to the wrist or forearm. Although they are less frequent, serious injuries and deaths have also occurred. Many snowboarding injuries are preventable.

Snowboarding injuries occur as a result of...

- speed and loss of control
- colliding with other snowboarders/skiers or objects
- inexperience (about 60% of all injuries occur to snowboarders with less than 20 days experience)
- lack of instruction
- fatigue
- poor-fitting equipment

Injury Prevention Tips...

Get Trained

- The importance of getting proper training cannot be overemphasized.
- Enroll in snowboarding lessons with an instructor certified with the Canadian Association of Snowboard Instructors (C.A.S.I.) to develop proper technique and learn general safety principles.

(continued on other side)

Stollery Children's Hospital

Edmonton, Alberta

Capital Health

Phone: (780) 407-7250

Fax: (780) 407-6472

www.capitalhealth.ca/kidsafe



Snowboarding Safety

(continued from other side)

... putting **KIDS** first



Wear the Gear

- Always wear an appropriate snowboard/ski helmet that has side vents that allow you to hear.
- Wrist guards may be used to reduce the risk of a serious wrist injury.
- When renting or purchasing a snowboard, choose equipment to suit your skill level and size. There are numerous things to consider when selecting snowboard equipment:

Boards

- **Width:** There are a variety of board widths available; the width is determined by the size of your feet and your ability.
- **Length:** For beginners, board length is determined by your weight and ability.
- **Flex:** Beginners should choose a soft, flexible board.

Boots

- There are two types of boots: soft and hard. Boots should fit comfortably and firmly, as loose boots can lead to injuries.


Bindings

- All snowboarding binding mechanisms are non-releasable. The non-releasable feature helps to reduce the risk of a lower limb injury.
- **Consult a reputable snowboard shop for further information on the boots, bindings and board that are best for you.**
- Keep equipment well maintained and assess its fit each season.
- Wear clothing that is windproof and waterproof.

- Dress in multiple lightweight layers so clothing can be added or taken off as conditions or exertion levels change.
- Wear sunscreen to protect exposed skin and snowboard/ski goggles or sunglasses to protect your eyes.

On The Hill

- Warm up and stretch before snowboarding.
- Snowboard on runs that are appropriate for your ability. Beginners should take lessons and start on an "easy to manage" slope to practice turning and stopping.
- Don't snowboard alone.
- Make a fist when falling to avoid wrist injury.
- **Follow the Snowboarding Responsibility Code:**
 - Always stay in control, and be able to stop or avoid other people or objects.
 - People ahead of you have the right of way. It is your responsibility to avoid them.
 - Do not stop where you obstruct a trail, or are not visible from above.
 - Whenever starting downhill or merging into a trail look uphill and yield to others.
 - Always use devices to help prevent runaway equipment.
 - Observe all posted signs and warnings. Keep off closed trails and out of closed areas.

- Ensure you have the knowledge and ability to load, ride and unload safely before using any lift.
- Know your limits. Rest if you are tired. Go inside if you are cold. 



KIDSAFE[®]
CONNECTION