



Snowsport England Safety & Protective Equipment Guidance

THIS IS A GUIDANCE DOCUMENT ONLY. PERSONAL SAFETY IS THE RESPONSIBILITY OF THE INDIVIDUAL ADULT, PARENT OR GUARDIAN, AND SNOWSPORT ENGLAND ACCEPTS NO RESPONSIBILITY FOR INJURY OR LOSS RESULTING FROM FOLLOWING THIS ADVICE OR OTHERWISE.

Snowsport England recognises that all snowsports can include degrees of inherent risk and expects all participants to take account of this and adapt their activity accordingly with regard to factors such as prevailing snow, terrain, and weather conditions.

The Federation Internationale de Ski Code of Conduct (www.fis-ski.com) and any additional rules imposed by individual resorts must be obeyed at all times.

Snowsport England reminds snowsport enthusiasts that the most important factor for safety is to follow the International Code of Conduct, The Federation Internationale de Ski Code of Conduct (www.fis-ski.com) especially the rule that every person must at all times be in control. Failure to do so is the primary cause of serious and fatal accidents on the slopes.

Insurance

Snowsport England Strongly recommends that all participants take out personal accident and third party insurance.

Risk Assessment

Snowsport England strongly recommends that adults parents etc consider the hazards and risks that might arise from the activity being considered and to take all measures to ensure safety either by elimination of the risks or reduction to an acceptable minimum if elimination is not possible.

Bindings and Clothing

Bindings should be appropriately adjusted for the individual by a trained and qualified person, and according to the relevant manufacturer's specific instructions so to give the maximum possible protection through their release facilities. Each person should also be properly clothed for his or her activity.

Headgear

Whilst it is ultimately a decision for the adult concerned, The Federation Internationale de Ski from 22nd February 2006, strongly recommended that all skiers and snowboarders regardless of ability and age use helmets. Those engaged in competitive sport, of whatever form, must take account of the current rules and any other regulations that the relevant governing body and competition organiser may impose. All persons should also take account of any requirements imposed under insurance policies that they have subscribed to.

Snowsport England wishes to point out that there are negative elements to wearing of protective headgear; persons so equipped may tend to feel free from risk and may be encouraged to ski or ride at speeds or on terrain that could place them beyond their ability to remain in control. Such tendencies might lead to individuals becoming more at risk and, very importantly, could put others in danger. In addition, participants may have their hearing and vision impaired by the presence of a helmet. Since 1997 there has been a European and British Standards Specification entitled "Helmets for Alpine Skiers" (BS/EN 1077/1996). Snowsport England recommends if you decide to use a helmet you should only use a helmet which complies with BS/EN 1077/1996. This standard also applies to snowboarders and snowbladers.

Off Piste

Snowsport England states that all persons engaged in off-piste activities should carry, and know how to use, avalanche transceivers that meet current ISO standards. Snowsport England recommends that persons engaged in ski-mountaineering or extreme sport should wear protective headgear. Only go off piste if suitably experienced or with an experienced guide.

Snowsport England wishes to point out that any form of device designed to aid location/recovery of avalanche victims, which does not include transceiver capability, gives substantially reduced protection by failing to provide for self-rescue. Such other devices rely on the speedy arrival of suitably equipped rescue or patrol services and are therefore not recommended.