

Skiing Safety Tips

Skiers who adapt to changing terrain, conditions, and speed and remember the golden rule of skiing which is "Ski the mountain, don't let the mountain ski you," will enjoy more of what the mountain has to offer and ski terrain they never thought possible.

General Tips

- *Always wear a helmet designed for skiing or snowboarding.*
- *Protect your skin and eyes from the sun and wind. Apply sunscreen and wear ski goggles that fit properly with a helmet.*
- *Make sure your boots fit properly and bindings are adjusted correctly.*
- *Prepare for the weather. Wear layers of clothes and a helmet liner, a hat or a headband.*
- *Do not ski or snowboard alone.*
- *Follow all trail rules.*
- *Stay on the designated trails.*
- *Only go on trails that match your skill level.*
- *Take a lesson – even experienced skiers and snowboarders can benefit from a review.*
- *Before using a ski lift, tow rope or carpet, make sure you know how to get on, ride and get off safely. Ask an attendant if you need help.*

Safe Slopes

On the slopes, everyone needs to follow these rules:

- *Know which slopes are right for your skill level and ski only on those.*
- *Don't ski alone.*
- *Stay on marked paths and never go past the ski area boundary or into a closed area.*
- *Pay attention to warning signs such as "Slow skiing area" or "Caution."*
- *Before you start down a hill or merge onto a trail, look uphill to make sure no one is coming toward you.*
- *Skiers in front of you have the right of way. Keep your distance and stay in control.*
- *Never stop in the middle of a trail or in any spot where you can't be seen from above, such as below a drop-off.*