

Preventing injuries for

SKIING & SNOWBOARDING



TO MINIMIZE RISK OF INJURY . . . DID YOU KNOW?

- 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.

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

Preventing injuries for

SKIING & SNOWBOARDING



References

1. Quirk, J., Cowle, S., Subaskaran, J., & McFaull, SR.(2015). Skiing, Snowboarding & Sledding: Hospitalizations from Alpine Sports Injuries in Canada. Canada Injury Compass, January 2015. Toronto: Parachute.
2. Canadian Institute for Health Information (CIHI). Hospital Morbidity Database, 2010/2011. Toronto (ON): PHAC, 2014.
3. Scanlan, A., & MacKay, M. (2001). Sports and Recreation Injury Prevention Strategies: Systematic Review and Best Practices. BC Injury Research & Prevention Unit, Plan-it Safe, Children's Hospital of Eastern Ontario.
4. Haider, A.H., et al. (2012). An Evidence Based Review: Efficacy of Safety Helmets in Reduction of Head Injuries in Recreational Skiers and Snowboarders. Journal of Trauma and Acute Care Surgery. 73(5). 1340-1347.
5. Russell, K., Christie, J., & Hagel, B. E. (2010). The effect of helmets on the risk of head and neck injuries among skiers and snowboarders: a meta-analysis. CMAJ : Canadian Medical Association Journal = Journal de l'Association Medicale Canadienne, 182(4), 333–40. <http://doi.org/10.1503/cmaj.091080>.
6. Warda, L.J., & Yanchar, N. (2012). Position Statement: Skiing and snowboarding injury prevention. Canadian Paediatric Society. Retrieved from: <http://www.cps.ca/documents/position/skiing-snowboarding-injury>.

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