

Top Tips to Stay Safe on the Slopes



#BeSafeOnTheSlopes



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- > **Take out insurance** – and check what it covers. It might not cover off piste skiing unless you are with a qualified guide.
 - > **Have a medical check-up before you ski** – one of the major causes of hospitalisation and death on the slopes is heart attacks.
 - > **Don't drink and ski**. Alcohol can affect you more quickly at high altitudes and dangerously limits your awareness of risk and cold. Drinking and then skiing also risks invalidating your travel insurance.
 - > Most skiing injuries are caused by collisions with other skiers – **watch your speed and distance**
 - > **Don't attempt** slopes you're not experienced or fit enough to tackle, even if you're encouraged or pressured to do so by friends.
 - > If going off piste **carry a shovel, a probe and a transceiver** in case of an avalanche. Also remember that you need proper training on how to use a transceiver.
 - > If you are going out on a glacier, you must **wear a harness**. If you fall into a crevasse, this will help the rescue team get you out.
 - > **Make sure someone knows** where you're going and tell them of any changes to your plans.
 - > Only go **off piste skiing or climbing** with someone you have met previously and can trust. You need to know his/her capabilities, what you'll be doing and where you'll be going.
 - > Dial 112 for **emergency services** in Europe and 911 for the US and Canada.
 - > Many insurers insist you wear a helmet. **Protect your head** and your policy.
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