

# SNOWSAFE

Your guide to a fun safe trip to the snowfields

## BE PREPARED

Your guide to a fun safe trip to the snowfields

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### INTRODUCTION TO SNOW SAFETY

Family holiday or snow trip with friends? Preparation is a must, even for the shortest of trips.

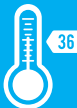
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For clothing and equipment as well as a copy of the alpine responsibility code and trip intentions form



# INTRODUCTION: TO A FUN SAFE TRIP TO THE SNOWFIELDS

The alpine environment is a beautiful destination for winter or summer holidays and a venue for many challenging and exciting activities including skiing and bush walking. The Alps, however, can be hazardous if visitors are careless and irresponsible.

Even on the shortest visit to the snow it is important to be prepared for and aware of the nature of the alpine environment. When planning your trip to the snowfields, select a resort or area which caters for you and your group's needs as facilities, experiences and opportunities vary widely

between resorts and various parts of the Alpine National Parks and high country. Generally, the better the planning the better the outcome, more fun and less hassles.

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# GETTING STARTED CLOTHING

Most of us like to picture ourselves enjoying the snowfields in sunshine, and we do have our share of sunny days in Australia. However, alpine weather is unpredictable and a fine sunny day can quickly deteriorate into cold, wet, high wind or blizzard conditions. Your clothing, therefore, must be versatile and you should have ready access to protective clothing.



Alpine clothing and equipment is specialised. Before purchasing equipment and clothing, ensure that they are suitable to your needs. Consult your local professional ski retailer who can advise you on the best equipment to meet your requirements. If possible, hire the same equipment before purchasing.

If you have your own equipment, always have it checked and serviced regularly by a reputable ski or board technician before riding lifts.

## CLOTHING

The right clothing ensures your comfort and therefore your enjoyment of any snow field activity. Cotton or nylon clothing is not suitable for snow conditions as these materials are poor insulators when wet. Do not wear jeans.

**!** Before buying clothing, seek expert advice and remember that showerproof is not waterproof.

## WHAT TO WEAR OR CARRY:

Clothing made of wool, or synthetic fibres that have insulating properties similar to wool such as fibre pile.

- ✦ A number of layers of thin clothing, rather than a few layers of thick clothing.
- ✦ Woollen beanie and gloves or mittens.
- ✦ Warm underclothing, ie polypropylene thermals.
- ✦ Warm outer clothing, eg polypropylene or woollen jumpers.
- ✦ Woollen socks.
- ✦ Waterproof oven mitts and overpants.
- ✦ Footwear with soles having substantial grip.
- ✦ Goggles and/or sunglasses.
- ✦ Gaiters.
- ✦ Long waterproof and windproof jacket.
- ✦ Spare clothing if over nighting.



# CLOTHING LAYERS

Clothing can be divided into two types: insulating layers and the outer layer.

## 1. INSULATING LAYERS

In cold weather these are the most important layers. Several thin layers that trap air and are made of material that will stay warm, even when wet, are better than a couple of thick bulky layers. The number of insulating layers you wear depends on the weather and the activity you are participating in.

Wearing thermal underwear will also help insulate against the cold. Wool is a good natural fibre and manufactured fibres such as polypropylene and fibre pile are also effective. Cotton undergarments perform poorly in cold and wet conditions.

## 2. OUTER LAYER

Staying dry and reducing the effects of wind chill are important, therefore your jacket and overpants should be waterproof and windproof. The outer layer also helps to insulate by trapping warm air next to the body. If you don't have your own windproof and waterproof outer clothing you can hire them from most ski hire outlets.

It is important to wear a warm hat as significant body heat is lost from the head. Woollen or synthetic socks and gloves or mittens should also be worn. On wet days, large rubber dishwashing gloves worn over the top of your gloves help to keep hands warm and dry.



Never wear jeans or cotton/vinyl gloves as these do not give adequate protection against wind, rain or snow.



# PRE-SEASON FITNESS AND FOOD

## PRE-SEASON FITNESS

It is strongly recommended that those going to the snowfields prepare themselves well in advance for their activity by participating in some form of pre-season fitness program to get fit to go skiing or boarding.

Skiing/boarding are high aerobic activities and require flexibility, strength, endurance, speed and quick reflexes. A pre-season fitness program will enhance your physical condition in these areas. By being fitter you will have a greater experience and lessen the chance of injury to yourself and other skiers/boarders. Children, as well as adults, will benefit from a pre-season fitness program.

## FITNESS PROGRAM ESSENTIALS

In any fitness program, the following points are vital:

- ▶ Start your training well before the ski season or your trip.
- ▶ Training sessions must be regular and frequent – at least three times per week.
- ▶ Always warm up before an exercise session.

## FOOD

Food provides energy for movement and for maintaining your body temperature. The risk of injury or exhaustion can be reduced by having good meals, maintaining fluid intake and stopping to rest when tired.

## THE BASICS

- ▶ Don't skip breakfast – it's the most important meal of the day.
- ▶ Eat a little more than normal. Eat often.
- ▶ Carry high energy foods which can be eaten with little or no preparation (fresh or dried fruit and muesli bars are good examples).
- ▶ Intake of liquids, sweet if possible, should be high. It is a good idea to have at least a cup of fluid every hour as a minimum, even if it is only water.
- ▶ Do not consume alcohol before or during skiing or boarding. Not only does it reduce your coordination, it significantly increases your risk of injury or hypothermia.

**!** Popular high energy foods for a day tour include bread or dried biscuits, cheese, peanut butter, honey, raisins, sultanas, nuts, chocolate, hot drinks and soup.



# CHILDREN: LEARNING AND EQUIPMENT REQUIREMENTS

A CHILD'S NEEDS FOR LEARNING AND EQUIPMENT REQUIREMENTS ARE DIFFERENT TO THOSE OF AN ADULT.

YOUNG CHILDREN SHOULD BE IN THE CARE OF AN ADULT RATHER THAN AN OLDER CHILD. IF YOU ARE NOT SKIING/BOARDING TOGETHER, BE SURE THEY KNOW WHERE THEY CAN FIND YOU.

## CLOTHING AND EQUIPMENT

Skis, boards, boots and bindings can be bought new or second hand but should be specifically made for children, not adapted for them. Equipment should be properly fitted by a reputable ski shop where the proper ski binding settings can be adjusted.

Warm, protective clothing should always be worn by children. The use of a helmet is recommended and may be mandatory at some resorts to take lessons. The advice regarding layers and materials referred to earlier apply even more so to children.

## DRESS TO BE SEEN

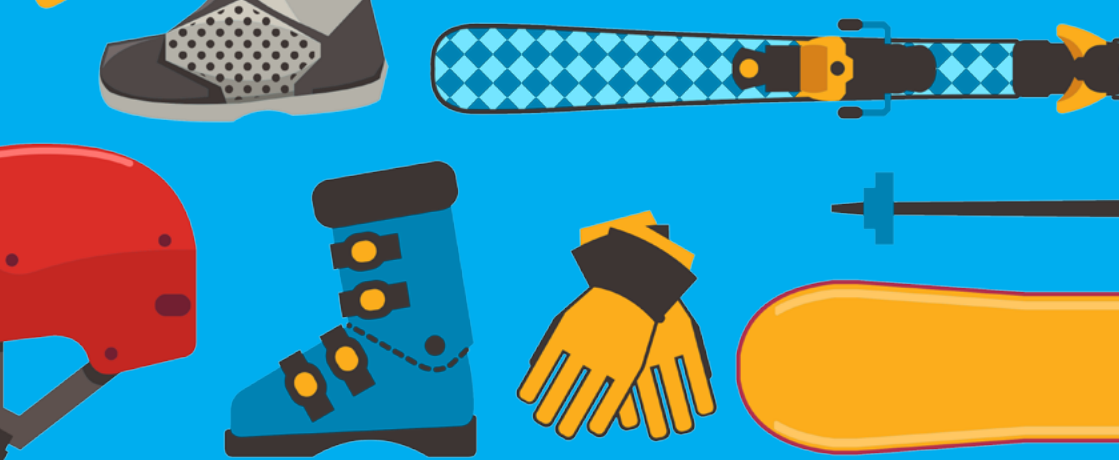
Make sure you are able to be seen wear high visibility clothing bright colours and/or reflective materials. Having a name tag in an obvious place (with ski lodge or home address and contact phone number) can help the Ski Patrol locate you should your child be lost or injured.

## SKI AND BOARDING LESSONS

Most ski and snowboarding schools provide special classes for young children. This is a great way for them to learn to ski or board. They are taught by instructors who are trained to teach children and they learn to ski or board with people their own age. As they become more experienced they can become involved in the more advanced programs available at most mountains.

## CHILD CARRIERS / BACKPACKS

Children should not be piggy-backed in child carriers while skiing or boarding as there is an increased risk of hypothermia and frostbite to the child. There is also an increased risk of injury to both the skier/boarder and the child if the skier/boarder falls. Child backpacks are prohibited at some alpine resorts.



# CHILDREN: SNOW PLAY

Playing in the snow is a fun and rewarding activity but there can be some dangers involved.

Children should be supervised at all times.

Conditions change quickly and playing in the snow can result in wet damp clothes that increase the risk of hypothermia.

Wear the appropriate clothing 'layer up' to avoid getting too hot or too cold.

## THE DANGERS TO AVOID

Snow can hide dangers in the terrain such as logs and holes.

### ROADS

Don't play near roads, cars and snow moving equipment. Vehicles can move in unexpected ways on slippery roads.

### SLIPPING AND FALLING

Each winter slipping and falling accidents cause serious injuries. Even when surfaces do not look especially icy or slippery, it is very possible that a thin sheet of transparent ice can build up. Frozen snow and ice on the ground and roads can create a hard and slippery surface. Always wear the appropriate footwear to prevent slipping and falling.

## BE AWARE OF OVERHEAD HAZARDS.

Look up. Ice and snow can collect in trees and on rooftops, so when playing outside keep clear of eaves and heavily laden trees. Falling icicles and chunks of snow pose a serious risk. In extreme cold weather icicles can build up in size very quickly and are lethal. Their size and dagger-like formation are extremely dangerous. Be aware of what's happening above you, and stay clear from the edges of buildings.

## PLAYING ON A TOBOGGAN.

Tobogganing in specially prepared areas is one way of enjoying the snow. Tobogganing can be dangerous and great care should be taken. Parents should ensure adequate supervision is provided when children are tobogganing. Find out more here

**!** There is no substitute for responsible behaviour on the slopes. Adhere to the Alpine Responsibility Code and consider wearing a helmet.





# SKIN AND EYE PROTECTION FOOTWEAR AND HELMETS

## SKIN PROTECTION

Sunburn can be a serious problem, even on cloudy days. Always use a good sunscreen with a high SPF (sun protection factor) to protect skin exposed to direct or reflected sunlight. Don't forget your lips, which are also susceptible to sunburn. Use a lip balm with a high SPF and remember to reapply frequently.

On sunny days if you are not wearing a helmet, a peaked or wide brimmed hat is advisable.

## EYE PROTECTION

To protect your eyes from the glare off the snow (which can lead to 'snow blindness') the use of high quality sunglasses or goggles is essential.

If you are dependent on spectacles or contact lenses, carry a spare pair, in case you lose or damage them while you are in the snowfields.

## APPROPRIATE FOOTWEAR

Alpine conditions create snow and ice often making walking difficult and slippery. It is essential to wear appropriate footwear with soles having substantial grip.

## HELMETS

Helmets may make a difference in reducing or preventing head injuries. Many skiers and snowboarders are choosing to wear them. However, helmets do have limits and users need to be aware that wearing a helmet does not eliminate the risk of head injury. In addition to offering an added degree of protection, snow sports helmets are now designed to be lightweight, comfortable, warm and fashionable.

Snow sports helmets are insulated for cold weather and provide better coverage and impact protection than other sports helmets, such as bicycle helmets. Be sure that the helmet you choose meets current recognised snow sport helmet design standards.



The decision to wear a helmet is a matter of personal or parental choice. Think with your head and wear a helmet... it's a smart idea.



# ENVIRONMENT CARE AND WEATHER

## ENVIRONMENT CARE

In an endeavour to protect the resort areas, the resorts undertake feral animal control and weed control to protect our native fauna and flora.

Our native alpine fauna are very vulnerable to predators such as cats and foxes and have no natural defences to attacks by these introduced species.

Similarly, the alpine resorts aim to rid the reserves of weeds such as English Broom, Lupins, Pattersons Curse, Blackberries and even cultivated species such as domestic apple. So keep your eyes open during summer or winter rambles and take your apple cores home with you.

If, during summer or winter, you see cats, foxes, straying cattle or weeds, notify the resort office, or National Parks and Wildlife.

The alpine environment is fragile. Please treat it with care and respect, so that others may enjoy it after you.

## WEATHER

Alpine weather can be wonderful but changeable. Snow falls have been recorded in all months of the year.

Study the latest forecasts but keep a close watch on weather as well and seek shelter immediately if an approaching storm or change is observed.

Check on the Bureau of Meteorology website and listen to your local ABC radio station for regular weather updates.

Weather forecasts: 1902 240 523 (VIC)  
1902 926 102 (NSW)  
1900 955 364 (Tas)

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#### ALPINE RESPONSIBILITY CODE

Know the code. It's your responsibility.

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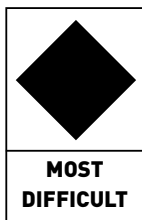
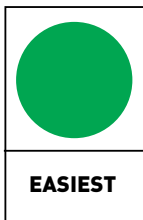
# SKI AND SNOW BOARDING SCHOOL



Most ski resorts offer complete ski and board riding school facilities at all levels for alpine (downhill), cross-country skiing and snowboarding. Unfortunately, many skiers and boarders regard ski/board riding instruction as dull and slow. Nothing could be further from the truth. Today, the trained professional ski/board riding instructors want you to have fun, to enjoy the sport and to progress with the quickest and easiest methods available.

## FACTORS TO CONSIDER:

- ◊ Your general enjoyment of the sport is often directly related to your ability to handle the different types of terrain and snow conditions available - the fewer restrictions you have in this regard usually means the more fun you have - taking more lessons will allow you to handle powder snow, ice, bumps, steeper terrain, breakable crust, corn snow and narrow trails as well as packed, smoother terrain.
- ◊ If you are alone and in an unfamiliar ski area, class lessons will give you the opportunity for fun and social contact as well as the learning experience.
- ◊ Take lessons from a trained professional rather than friends, no matter how well you feel your friend skis/boards.
- ◊ Whether you take private or class lessons, let your instructor know why you are taking the lesson, how many lessons you plan to take, and what you would like to improve.
- ◊ When a lesson is over ask your instructor to direct you to the most suitable runs.
- ◊ Statistics prove that the more experienced skiers/boarders have less accidents and the best way to gain that experience is to take lessons.
- ◊ In any professional ski and board riding school instruction, training and coaching always progresses from the level the student has already attained.



## STANDARDISED TRAIL MARKERS



# SKIING AND BOARDING: PLANNING AND SAFETY

## SELECTING A RESORT

When planning your trip, select an alpine resort which caters for your needs. Each of the ski resorts offers a variety of facilities and ski runs, from beginner to advanced. Each of the resorts also operates an information service. Visit the resort websites to make a comparison between price, size, terrain and facilities. For information about snow resorts in Victoria and New South Wales, you can also visit the Snow Australia website.

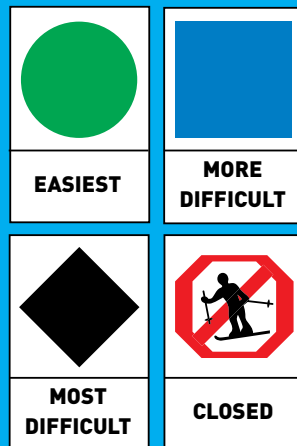
Snowboards can be ridden on most slopes in any snow conditions. However, resorts are still monitoring the sport and, although accepted, restrictions may be placed upon snowboarders if resort rules are not observed. Almost all alpine resorts in Australia allow snowboarding, although some have restrictions so check with the resort authorities before buying a lift ticket.

Alpine skiing is also known as downhill skiing. Each of the ski resorts offers a variety of facilities and ski runs, from beginner to advanced. When planning your alpine ski trip, select an alpine ski resort which caters for your needs.

- ✦ Don't remove skis/board on icy slopes
- ✦ If lost, stay where you are
- ✦ Be alert on ski lifts
- ✦ Take ski/snowboarding lessons
- ✦ Bindings must be fitted with retention devices
- ✦ Always ski/board in control

**!** Icy conditions are particularly hazardous for first timers. Novice skiers and snowboarders should avoid boarding in icy conditions.

# STANDARDISED TRAIL MARKERS SAFETY ON THE SLOPES AND LIFT RIDING



## SAFETY ON THE SLOPES

In Australia, most on-slope accidents occur on sunny days when people ski and ride faster or when the slopes and trails are more crowded.

It is strongly recommend that any person trying skiing or snowboarding for the first time should do so under the supervision of an experienced instructor. Not only will this speed up your learning of the sport but it will give you a good idea of which areas are suited to your skill level.

You can reduce the risk of injury by:

- ❖ Skiing and riding in control.
- ❖ Watching for other skiers and boarders.
- ❖ Staying on slopes and trails that are within your ability.
- ❖ grading
- ❖ Don't remove skis/board on icy slopes
- ❖ If lost, stay where you are
- ❖ Be alert on ski lifts
- ❖ Take ski/snowboarding lessons
- ❖ Bindings must be fitted with retention devices
- ❖ Always ski/board in control

## STANDARDISED TRAIL MARKERS

Most resorts have standardised trail markers which are colour-coded to indicate the degree of difficulty. Free maps of runs and trails are

also available from resort information offices. If new to the resort, start easy and work up to your level of ability.

Do not try to ski or ride on a slope that is beyond your ability as you will endanger yourself and other snow area users.

Be careful in the morning and the late afternoon as the snow may be frozen. Do not assume that you will be able to ski or ride as well as you could the previous afternoon and always adjust your skiing and riding to the conditions.

## LIFT RIDING

There are two types of lifts: aerial (chairlifts, gondolas, cable cars) and surface or drag lifts (pomas, T-bars, rope tows). If you are unsure how to use these lifts ask the lift attendant.

When riding lifts, remember the following:

- ❖ Swinging or bouncing on the lift is dangerous.
- ❖ Always unload smoothly and ski or slide away from the unloading area.
- ❖ Always use the safety bar on chairlifts.
- ❖ Never drop litter from lifts (or anywhere else).

If the chairlift breaks down while you are on it, don't jump off but wait for the lift attendants to evacuate you safely, with assistance from the Ski Patrol.

# SNOWBOARDING EQUIPMENT BOOTS GLOVES & WRIST GUARDS AND RETENTION DEVICES



## EQUIPMENT

Snowboards can be hired both on and off the mountain and are fitted with either plate or high back bindings.

Whilst clothing requirements for snowboarding are basically the same for alpine skiing, special boots and gloves are worn. Wrist guards are essential. Helmets should also be worn by children, novices and young riders.

## BOOTS

A wide range of boots can be used when riding a snowboard. The type will depend on the style of bindings fitted to the board. With high back bindings any warm waterproof boots with a moderate degree of firmness can be used. Boards with plate bindings require specially designed boots.

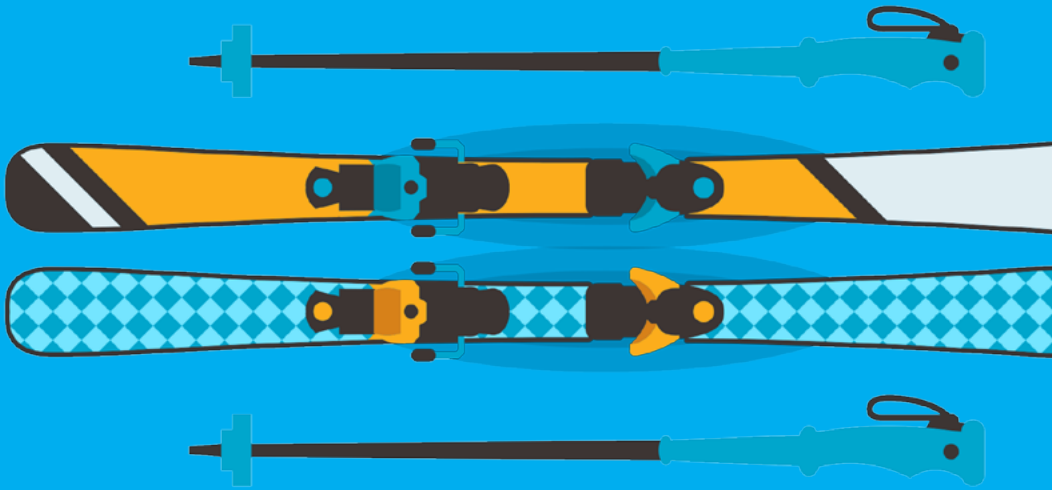
## GLOVES & WRIST GUARDS

When snowboarding, the hands often come in contact with the snow, therefore your gloves should be waterproof and of a sturdy construction.

To reduce the risk of wrist injuries, it is strongly recommended that snowboarders wear wrist guards. This is particularly important for children and novices.

## RETENTION DEVICES

Retention devices should be used at all times, even when the snowboard is not being used. When the snowboard is not in use, lay it down on its side and ensure that the leg strap is attached to a pole so that the board cannot run away if knocked or caught by the wind.



# ALPINE SKI EQUIPMENT BOOTS SKIS AND POLES

## EQUIPMENT

Alpine ski clothing and equipment is specialised. Before purchasing or hiring equipment and clothing, ensure that they are suitable to your skiing needs. Consult your local professional ski retailer who can advise you on the best equipment to meet your requirements. If you have your own equipment, always have it checked and serviced regularly by a reputable technician before riding lifts. Clothing requirements for alpine skiing are basically the same as for snowboarding, but special boots are worn. Helmets should be worn by children, novices and experienced riders.

## BOOTS

Ski boots have attachment points on the heel and toe that lock into the bindings on skis. It is important to have ski boots properly fitted by a professional.

## SKIS

Skis are available in different widths and length and are selected based on your height and skiing preferences. Seek advice from a professional about which skis are appropriate for you and ensure your skis are professionally fitted to your boots.

## POLES

Poles can act as a balance aid while skiing and provide leverage for stops, starts and turns. The pole length and materials and are selected based on your height and skiing preferences. Seek advice from a professional when deciding which poles are right for you.





# HELMETS FROZEN WATERWAYS AND ICE HAZARDS

## HELMETS

Helmets may make a difference in reducing or preventing head injuries. Snow sports helmets are insulated for cold weather and provide better coverage and impact protection than other sports helmets, such as bicycle helmets. Be sure that the helmet you choose meets current recognised snow sport helmet design standards.

## FROZEN WATERWAYS

Do not ski, board or walk on frozen lakes, dams or creeks. Normal conditions in Australia will not guarantee a uniform ice coverage that will support the weight of a person.

**!** Do not try to ride on a slope that is beyond your ability as you will endanger yourself and other snow area users. Observe the Alpine Responsibility Code at all times for your own safety and the safety of others.

## ICE HAZARDS

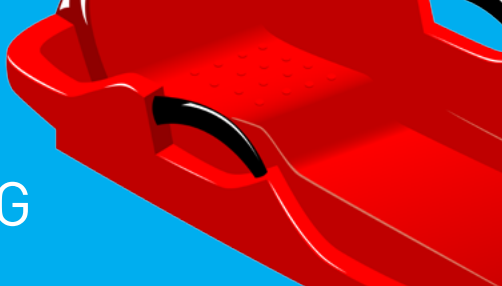
Icy conditions provide extra hazards to skiers and boarders. To ensure your safety on icy slopes take special note of the following:

- ✦ Icy conditions are more likely in the morning and late afternoon.
- ✦ Be aware of changing weather and snow conditions. The degree of difficulty of any slope is greatly increased when ice-covered.
- ✦ Choose runs that suit your ability, observe all slope signs and don't let a friend talk you into skiing or boarding a run you don't think you can handle.
- ✦ If a friend is in danger or difficulty, don't take unnecessary risks to rescue them. Seek Ski Patrol assistance.
- ✦ Skis and boards should be especially tuned to handle ice.

If you do fall on an icy slope, use the following techniques to arrest your sliding on the snow:

- ✦ Edge your skis/board into the ice to regain control of your speed.
- ✦ Grasping your ski pole above its basket, thrust the point of the ski pole into the ice.

# CROSS COUNTRY AND TOBOGGANING



## CROSS COUNTRY

Some resorts cater solely for cross-country skiers and most ski resorts offer a range of cross-country trails close to and within their resort boundaries. Cross-country skiing is a pleasant way to enjoy the alpine environment, but as with all alpine activities, you must plan ahead and prepare for your cross-country ski outing.

## CLOTHING

The right clothing ensures your comfort and therefore your enjoyment of your cross-country skiing trip. Windproof and waterproof clothing is essential. Cotton or nylon clothing is not suitable for snow conditions as these materials are poor insulators when wet. Do not wear jeans.

## WHAT TO WEAR OR CARRY:

Clothing made of wool, or synthetic fibres that have insulating properties similar to wool such as fibre pile.

- ✦ A number of layers of thin clothing, rather than a few layers of thick clothing.
- ✦ Woollen beanie and gloves or mittens.
- ✦ Woollen socks.
- ✦ Warm insulating layers, ie polypropylene thermals, thin woollen jumpers.
- ✦ Waterproof and windproof outer layer, ie jacket, pants and gloves.
- ✦ Woollen socks.
- ✦ Goggles and/or sunglasses.
- ✦ Before buying clothing, seek expert advice and remember that showerproof is not waterproof.

## EQUIPMENT AND SUPPLIES

When cross-country skiing you should always have the following with you:

- ✦ Plastic ground sheet or thermal blanket.
- ✦ High energy foods such as chocolate, nuts, dried fruits or barley sugar.
- ✦ Fruit juice or water.
- ✦ Whistle (you can blow a whistle for hours, you can only yell for help for about 20 minutes).
- ✦ Compass.
- ✦ Map.
- ✦ Emergency windproof, waterproof and warm clothing.
- ✦ Waterproof matches or a cigarette lighter.

## TOBOGGANING

Tobogganing in specially prepared areas is one way of enjoying the snow. Tobogganing can be dangerous and great care should be taken. Parents should ensure adequate supervision is provided when children are tobogganing. Not all resorts allow tobogganing. You should check with the Resort Management before you go.

## STAY SAFE ON TOBOGGANS

- ✦ At resorts, toboggan in designated areas only.
- ✦ There should always be a clear, safe runout at the bottom.
- ✦ Do not use car tyres or plastic bags, which can cause serious injury.
- ✦ Do not have more than one person in a toboggan at any one time.
- ✦ Do not make toboggan 'trains' where people link themselves to other toboggans.
- ✦ Do not toboggan in areas near rocks and trees.



## DAY TRIP/HIKE

Ski touring and bushwalking are great ways of enjoying the alpine environment all year round. Whether you plan a day trip or extended ski tour or bushwalk, the following information will help ensure a safe and enjoyable experience.

Important points to consider when going alpine bushwalking or visiting the alps in the summer:

- ✦ Bushwalking causes high moisture loss which needs to be replaced by frequent drinks.
- ✦ Always carry at least one litre of drink as water is often not available when you want it.
- ✦ Portable fuel stoves are less harmful to the environment and more efficient than fires. If you do use a fire, observe fire lighting regulations, keep it small, use only dead wood and make sure it is out before leaving.
- ✦ Always carry windproof and waterproof outer layers of clothing and be prepared should you need to put on additional insulating layers of clothing.
- ✦ Watch alpine weather carefully. Weather conditions can change very quickly.
- ✦ Do not overestimate your group's ability to make its destination well before night fall.

- ✦ There are many huts across the alps but always carry a tent as the huts may be being used by others.
- ✦ Respect our heritage.
- ✦ When building a snow shelter, especially a snow cave, keep entrance clear to prevent suffocation.

These are usually the result of poor planning and/or foolhardy behaviour. If you do find yourself in difficulties stop and think.

### IF LOST:

- ✦ Identify your last confirmed position and estimate your present location.
- ✦ Believe your compass. It is more likely to be right than your unaided sense of direction.
- ✦ Decide if you will proceed or if you will camp or bivouac.
- ✦ If your party is still strong and you can set a course which must bring you to a known position in a reasonable time, then you could proceed.
- ✦ If any party member is fatigued or you are not sure of your ability to navigate to known country, then camp or bivouac and await assistance.



# DAY TRIP/HIKE PLANNING AND EQUIPMENT

## PLANNING

Planning is important and the following measures should be taken:

- ✦ Improve fitness.
- ✦ Obtain maps and information about the area.
- ✦ Organise and check all of your personal and group equipment.
- ✦ Prepare for all weather conditions and devise emergency plans.
- ✦ Let someone know before you go (see Trip Intentions Form).
- ✦ Never ski or walk alone.

Ensure you carry out all rubbish. Take care of the environment and observe fire lighting regulations. If lost, stay where you are.

## GROUP EQUIPMENT, EVEN ON THE SHORTEST TRIP

- ✦ Tent or emergency shelter
- ✦ First aid kit
- ✦ Stove, fuel and billy
- ✦ Repair kit

## EQUIPMENT

Each party member should carry a survival kit, even on short trips, in summer or winter.

## PERSONAL SURVIVAL KIT

- ✦ Sunscreen
- ✦ Mobile phone and emergency numbers (note warning on black spots).
- ✦ Matches in a waterproof container and/or a cigarette lighter.
- ✦ Map.
- ✦ Compass.
- ✦ Whistle (you can blow a whistle for hours, you can only yell for help for about 20 minutes).
- ✦ Space blanket or large plastic bag.
- ✦ Plenty of food and drink for your trip.
- ✦ 6 to 10 metres of 2-3mm cord.
- ✦ A roomy day pack or rucksack (for maximum comfort, a rucksack should be personally fitted).
- ✦ Filled water bottle



# DAY TRIP/HIKE CLOTHING AND FOOD

## CLOTHING

The right clothing ensures your comfort and therefore your enjoyment of any ski tour or bushwalk. Always carry windproof and waterproof clothing. Cotton or nylon clothing is not suitable for snow conditions as these materials are poor insulators when wet. Do not wear jeans.

## FOOD

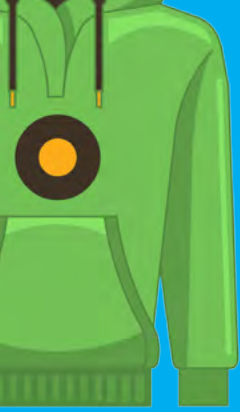
Food provides energy for movement and for maintaining your body temperature. Always carry emergency rations and at least one litre of water.

- ✦ Don't skip breakfast – it's the most important meal of the day.
- ✦ Eat a little more than normal. Eat often.
- ✦ Carry high energy foods which can be eaten with little or no preparation (fresh or dried fruit and muesli bars are good examples).

## WHAT TO WEAR OR CARRY:

- ✦ Clothing made of wool, or synthetic fibres that have insulating properties similar to wool such as fibre pile.
- ✦ A number of layers of thin clothing, rather than a few layers of thick clothing.
- ✦ Woollen beanie and gloves or mittens.
- ✦ Warm underclothing, ie polypropylene thermals.
- ✦ Warm outer clothing, eg polypropylene or woollen jumpers.
- ✦ Woollen socks.
- ✦ Waterproof oven mitts and overpants.
- ✦ Footwear with soles having substantial grip.
- ✦ Goggles and/or sunglasses.
- ✦ Gaiters.
- ✦ Long waterproof and windproof jacket.
- ✦ Spare clothing if over-nighting.

**!** Popular high energy foods for a day tour include bread or dried biscuits, cheese, peanut butter, honey, raisins, sultanas, nuts, chocolate, hot drinks and soup.



# ADDITIONAL TIPS FOR BUSHWALKERS AND SUMMER VISITORS

Some further important points to consider when going alpine bushwalking or visiting alpine areas in summer:

- ❖ Bushwalking causes high moisture loss which needs to be replaced by frequent drinks.
  - ❖ Always carry at least one litre of drink, as water is often not available when you want it.
  - ❖ Wear a wide brimmed hat and sunscreen.
  - ❖ Portable fuel stoves are less harmful to the environment and more efficient than fires. If you do use a fire, observe fire-lighting regulations, keep it small, use only dead wood and make sure it is out before leaving.
  - ❖ Always carry windproof and waterproof outer layers of clothing and be prepared should you need to put on additional insulating layers of clothing.
  - ❖ Watch alpine weather conditions carefully.
- Weather conditions can change very quickly.
- ❖ Do not overestimate your group's ability to make its destination well before nightfall.
  - ❖ There are many huts across the alpine regions, but always carry a tent as the huts may be being used by others.
  - ❖ Respect our heritage.
  - ❖ When building a snow shelter, especially a snow cave, keep entrance clear to prevent suffocation.



## SNOW CAMPING

If planning to go snow camping, consult your local ski or outdoors shop for advice on the correct equipment for your personal requirements.

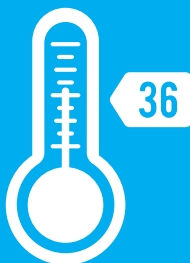
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## HYPOTHERMIA

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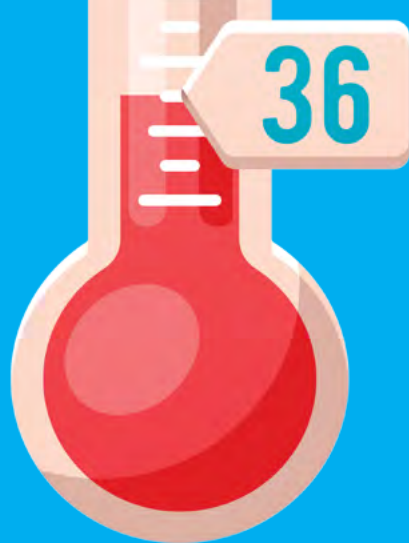
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# HYPOTHERMIA: PREVENTION AND RECOGNITION



## HYPOTHERMIA

Hypothermia is a lowering of the body's core temperature, which can result in death, and can occur as a result of:

- ✦ Accidental immersion in cold water.
- ✦ Inadequate protection from the cold environment, especially when combined with altitude, wind, moisture and physical exhaustion.
- ✦ Exposure to cold, especially in the unconscious, the elderly, young children and the injured.

## PREVENTION

Hypothermia is easy to prevent. When it occurs it is usually from lack of preventive action rather than unavoidable circumstances.

These simple measures will prevent the likelihood of hypothermia:

- ✦ Adequate protection from cold, wind and moisture. Wear appropriate clothing, stay dry and beware of wind.
- ✦ Regular intake of food and non-alcoholic drinks. Eat appropriate energy food such as fruit or warm sweet fluids, if available, and drink regularly.
- ✦ Sound planning, training and experienced leadership. Always carry a large plastic bin liner bag in your daypack as a precaution.

## RECOGNITION

Know how to recognise the signs of hypothermia. If hypothermia is apparent, stop immediately and seek shelter.

- ✦ One or more of the following signs should alert others to the onset of hypothermia:
  - ✦ Stumbling.
  - ✦ Careless about protecting against the cold.
  - ✦ Shivering.
  - ✦ Unusual or irrational behaviour.
  - ✦ Poor judgement.
  - ✦ Displays apathy, ie lacks interest.
  - ✦ Exhaustion.
  - ✦ Slurred speech.
  - ✦ The person feels cold to touch and is unusually pale.

! The natural tendency to 'press on' must be avoided. This applies to groups as well as individuals. Regrouping on the spot and commencement of treatment is more important than panic evacuation from the area.



# HYPOTHERMIA: TREATMENT

The basic principles of first aid and resuscitation apply, plus additional specific measures to stop further body cooling.

If any member of the party develops the signs of hypothermia:

- Stop immediately.
- Protect casualty from wind and moisture – find or improvise shelter.
- Put on extra layers of clothing, remembering to cover the head and put on wind/water proof jacket and overpants.
- Insulate the body from the snow, especially the head.
- Prevent further heat loss by covering the casualty with any available waterproof material.
- Huddle together.
- Give easily digested food and drink, warm if possible.
- Ensure all party members put on extra clothing, including head cover.
- Send for medical assistance.

## SEEK MEDICAL ASSISTANCE IMMEDIATELY, PROVIDING YOU ARE NOT ENDANGERING YOURSELF OR OTHER PARTY MEMBERS.

For ambulance, police and fire emergencies, call '000' or contact your local ski patrol.

## PREVENT EMERGENCY SITUATIONS

Emergencies are often the result of poor planning and/or foolhardy behaviour. If you do find yourself in difficulties, stop and think.

Knowledge of your own capabilities is an important safety factor. Individual skills and fitness levels vary greatly. What is quite safe for one person to attempt may be foolhardy for someone else.

## KNOW YOUR CAPABILITIES AND KEEP WELL WITHIN THEM AT ALL TIMES.

# HYPOTHERMIA: TREATING A CONSCIOUS AND UNCONSCIOUS PERSON

## TREATING A CONSCIOUS PERSON WITH HYPOTHERMIA

- Carefully lay the casualty down.
- Protect from the cold environment and prevent any further heat loss by placing insulating material under the person – use packs, jackets, mats, bags – whatever you can find.
- If a large plastic bin liner or garbage bag is available, place the casualty feet first into the bag, ensuring that the body and neck are enclosed. Arms and hands should not be covered by the bag. (The casualty may have to be placed in the coma position.) Do not cover the head or face with the bag.
- Cover with a blanket or sleeping bag and ensure the head and neck are covered with a beanie, jumper or fibre pile jacket, leaving the mouth, nose and eyes visible.

## IMPORTANT

- Do not give alcohol, cigarettes, strong coffee, or tea.
- Do not attempt to stimulate the peripheral circulation by rubbing or massaging the extremities.
- Do not expose the patient to hot air or direct radiant heat from a fire. The application of external heat could worsen the person's condition.

**i** For ambulance, police and fire emergencies, call '000' or contact your local ski patrol.

## TREATING AN UNCONSCIOUS PERSON WITH HYPOTHERMIA

- An unconscious person must be handled with extreme care.
- Minimise unnecessary movement.
- Do not give any food or drink to an unconscious person.
- Signs of life may be minimal but continue treatment until help arrives.
- Provide the normal care of airway, breathing and circulation.
- With the person in the lateral or coma position, prevent further heat loss by insulating, and protecting from the cold environment.
- If adequate insulation and a warm shelter are available, gently remove the outer wet layers (it may be necessary to cut clothing to aid removal), dry off, replace with layers of dry clothing and insulate.
- If shelter is not ideal, leave wet clothing on, add extra layers of clothing over the existing wet ones and cover with any available waterproof material. Wrap casualty in a sleeping bag or blanket to prevent further heat loss. If a large plastic bin liner or garbage bag is available, place the casualty feet first into the bag, ensuring that the body and neck are enclosed. Arms and hands should not be covered by the bag. Do not cover the head or face with the bag.
- If medical care is not available, the rescuer should ensure extra body warmth is provided by placing a companion on either side and close to the casualty. Ensure all are insulated from the ground, preferably in sleeping bags.
- Use caution in applying external chemical heat sources or hot water bottles, never apply these directly to the skin.

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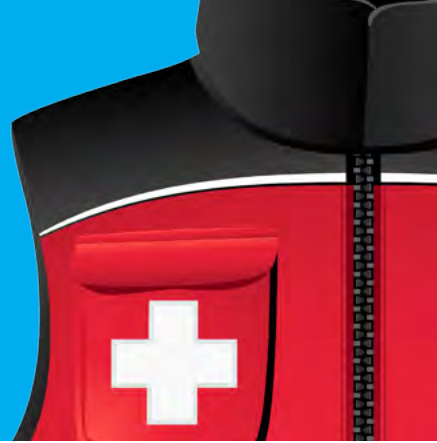


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# EMERGENCIES



Emergencies are often the result of poor planning and/or foolhardy behaviour. If you do find yourself in difficulties, stop and think.

Knowledge of your own capabilities is an important safety factor. Individual skills and fitness levels vary greatly. What is quite safe for one person to attempt may be foolhardy for someone else. Know your capabilities and keep well within them at all times.

## IN CASE OF AN ACCIDENT

- Do not leave the injured skier/boarder alone.
- Approach them from below or from the side if the slopes are icy.
- Do not remove your own skis/board if the slopes are icy. If it is safe to remove your skis/board cross them and place them upright uphill from the injured skier/boarder.
- Do not remove the injured person's skis/board.
- Reassure the person and keep them warm.
- Do not move them or attempt to treat them unless you are qualified in first aid.
- While one person remains with the injured skier/boarder make sure another reports the accident to any ski patroller or to the nearest lift operator, Say what the person is wearing – there can be more than one accident on the same run at the same time. Give the exact location of the accident and nature of the injury and wait for the patroller.
- Have someone stand uphill from the accident to give verbal warnings to other snow users when someone, including Ski Patrol, is attending to the person.

## SKI PATROL

Every year people become lost in the mountains and ski areas of the alpine country. To care for people in the snow, all ski resorts maintain skilled Ski Patrols throughout winter months.

Ski patrollers can easily be identified in all resorts by their distinctive uniform with a cross. They are highly trained to deal with injured skiers and boarders, both within the resort and beyond resort boundaries. Patrollers open and close trails and runs, and mark hazards. For your safety, as well as that of others, obey the signs that are displayed by the Ski Patrol.

The main purposes for operating these Ski Patrol services are to:

- Administer first aid assistance to injured persons on the snow.
- Transfer those requiring further medical attention to resort or other advanced medical care.
- In conjunction with the state police and other emergency services, to search for and rescue skiers/boarders lost in alpine areas.
- Serve the public with other assistance and skiing/board information.
- Improve safety standards in alpine resorts, and reduce the accident rate.
- For ambulance, police and fire emergencies, call '000' or contact your local ski patrol.

# WHAT TO DO IF YOU OR A COMPANION ARE LOST



## HELPING THE SEARCH PARTY

It is best to remain in one place. As aircraft and helicopters are now frequently used in searches, think of how you can best help them to see you. The best place for your survival camp is on the edge of a clearing where you can easily move out from the shelter to attract attention. A smoky fire is a good location marker. Also, display brightly coloured clothing and tents. Wait for rescue. If you have made meeting arrangements with others, as you should, the Ski Patrol and other rescuers will know where to look and rescue will be close at hand.

- ▶ To avoid unnecessary searches, always ski/board with a companion or make arrangements to meet with other skiers and boarders.
- ▶ Let someone know before you go. Indicate your intended destination and route – this is especially important for cross-country skiers.
- ▶ Stick to the planned arrangements. If you do not, others will become concerned and call out emergency services. This endangers the lives of others searching for someone who is not lost.

## IF A COMPANION BECOMES LOST

- ▶ Make sure your companion hasn't just returned home to the holiday accommodation, ski lodge or car.
- ▶ Inform the Ski Patrol as soon as you are concerned.
- ▶ Give your companions name, age, etc and a full description including any details of your skiing or boarding activities.

## WHAT TO DO IF YOU ARE LOST

- ▶ As soon as you realise that you are lost, stay where you are.
- ▶ Seek shelter. In poor weather conditions, shelter behind trees or rocks and place your crossed skis or board above the position.
- ▶ Make distress signals. Use anything that will attract attention, eg smoke, whistles, flashing a mirror or torch, or distinct waving of clothing.
- ▶ Identify your last confirmed position and estimate your present location.
- ▶ Believe your compass. It is more likely to be right than your unaided sense of direction.
- ▶ Decide if you will proceed or if you will camp or bivouac.
- ▶ If your party is still strong and you can set a course which must bring you to a known position in a reasonable time, then you could proceed.
- ▶ If any party member is fatigued or you are not sure of your ability to navigate to known country, then camp or bivouac and await assistance.



Dig out a trench with your ski big enough to sit or lie in.



Cover trench with ski poles, branches and twigs to protect from the weather.



Stand skis crossed in the snow. Huddle together for warmth.

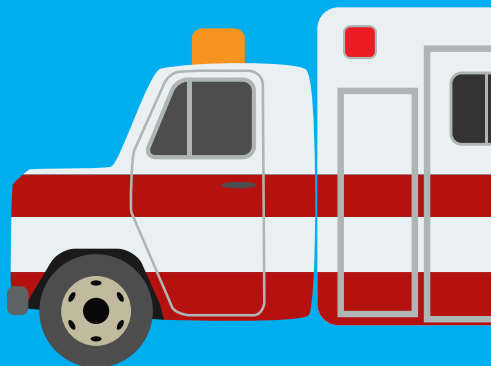
## WHAT TO DO IF YOU ARE LOST AND DECIDE TO MAKE A TEMPORARY CAMP

If you are lost and any party member is fatigued or you are not sure of your ability to navigate to known country, you will need to camp (or bivouac) and await assistance.

- ❖ Select a site out of the wind. Use trees, logs or rocks as wind breaks.
- ❖ Build the best shelter you can. Dig into the snow at the base of a tree or rocks. Use skis, poles and branches to roof the shelter before covering it with snow. Do not get wet in the process. If necessary, remove some clothing or gloves to keep them dry while building your shelter.
- ❖ Make your location visible to searchers. Stand a pair of skis crossed in the snow and attach a bright object to them.
- ❖ In the shelter, insulate yourself from the snow with branches, skis, poles or packs.
- ❖ If you can, light a fire on a platform of small logs. Aim to stay dry and huddle together for warmth.
- ❖ Wait for assistance to come to you.



# FIRE SAFETY AND AMBULANCE SERVICES



## AMBULANCE SERVICES

Ambulance services operate 24 hours a day at every major ski resort. The services works in close co-operation with the Ski Patrol and medical centres.

Given that most resorts are some distance from major centres of population, the costs of ambulance transports can be expensive. One ride in an ambulance could cost you more than \$1000.

Even a small Ski Patrol evacuation for a minor injury is likely to require an ambulance. Most resorts do not allow patients to be walked to medical centres by ski patrollers, so ambulance use is frequent.

There is of course a way of enjoying your stay in the snow without having to be concerned about such costs. Simply by becoming an ambulance subscriber you are immediately covered for accidental injury or sudden illness. (A two month waiting period applies to existing medical conditions).

When you're an ambulance subscriber, you get free transport and attention anywhere in Australia. That includes regular and emergency ambulance transport, as well as the specialist ambulances.

## AMBULANCE INFORMATION:

In Victoria, visit the Ambulance Victoria website or phone 1800 64 84 84

In New South Wales, visit the Ambulance Service of NSW website or phone 1300 655 200

In Tasmania, visit the Ambulance Tasmania website

## FIRE SAFETY

Know the exit routes and fire escape plan of the chalet/lodge at which you are staying.

## FOR BUSHFIRE INFORMATION:

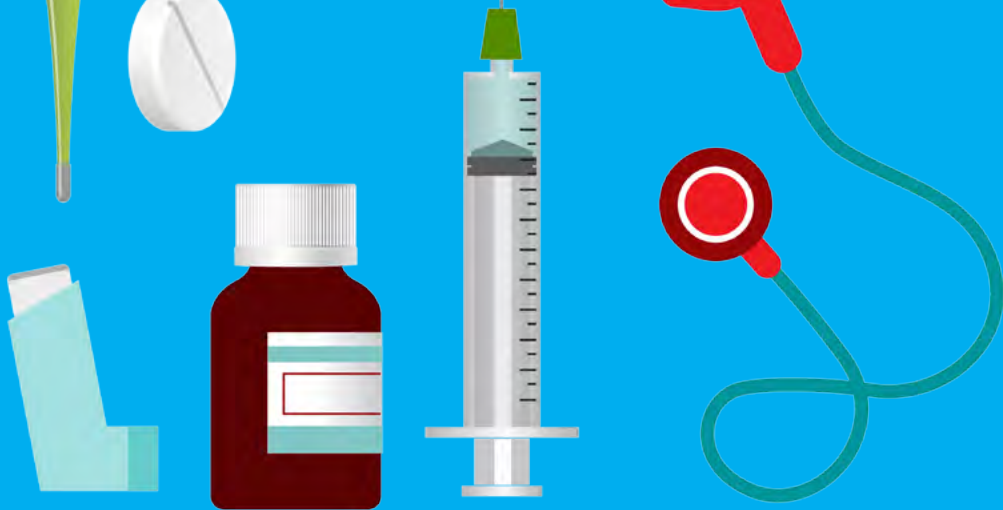
In Victoria, visit the Country Fire Authority website or phone (03) 9262 8444

In New South Wales, visit the Rural Fires Services website or phone (02) 8741 5555

In Tasmania, visit the Tasmania Fire Service website or phone (03) 6230 8600

**i** Helicopters may be called in to rescue you in extreme circumstances. Keep well clear of the helicopter's landing area and await instructions from the pilot. Never approach helicopters from the rear.

**i** For ambulance, police and fire emergencies, call '000' or contact your local ski patrol.



# ADVICE FOR SPECIAL HEALTH NEEDS: DIABETES

THOSE WITH PRE-EXISTING MEDICAL CONDITIONS SHOULD AVOID RIDING CHAIRLIFTS OR SKIING/BOARDING ON THEIR OWN. ALWAYS BE VIGILANT WITH PRECAUTIONS AND SYMPTOMS. IT IS VITAL TO KEEP TAKING YOUR MEDICATION AS PRESCRIBED WHILE YOU ARE AWAY.

## DIABETES

Alpine sports of all types can be safely undertaken by people with diabetes. The major potential problem is related to low blood glucose levels (hypoglycaemia) resulting from the increased and often sustained level of activity.

Discuss the proposed activities with your doctor and develop a new dose schedule for your medication. This will usually involve a substantial reduction in insulin or tablet doses

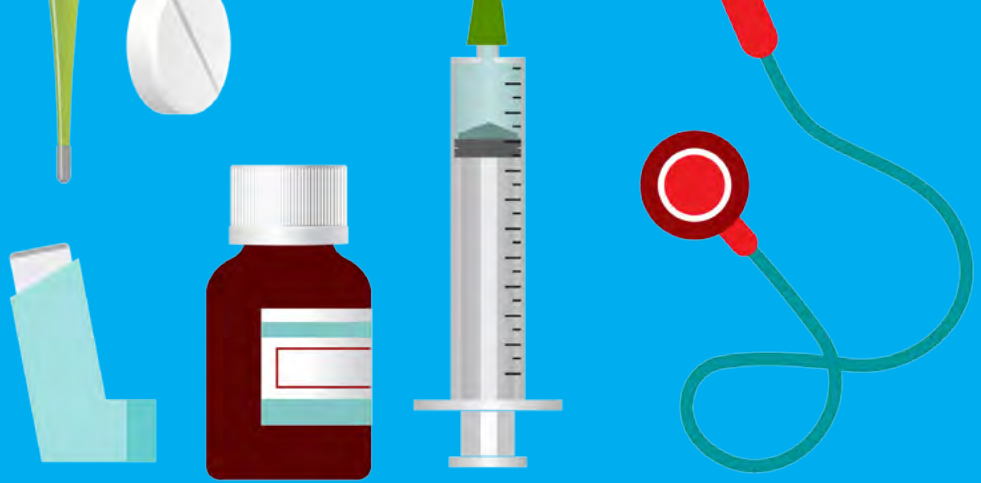
whilst you are engaging in alpine sports.

Ski/board with a friend who is aware of your diabetes and knows how to recognise and treat hypoglycaemia. Always have some simple carbohydrates readily accessible. Jelly beans or soft jubes are ideal in the snow.

If you do become hypoglycaemic, have some simple carbohydrates immediately – don't wait! Follow this up with a long-lasting carbohydrate such as a milk drink, fruit or sandwiches as soon as possible. Don't resume your activity until then.

Hypoglycaemia can occur soon after commencing exercise or many hours after the activity has ceased. Take special care to avoid overnight hypoglycaemia by intensifying your blood glucose monitoring, eating a substantial supper and probably reducing your overnight insulin.

Talk to your doctor and/or contact the Diabetes Australia information line on 1300 136 588 as part of your preparation for taking part in recreational alpine activities.



# ADVICE FOR SPECIAL HEALTH NEEDS: ASTHMA AND HEART PROBLEMS

## ASTHMA

Anyone with asthma should be able to venture onto the slopes safely, by taking a few precautions. Even people whose asthma is triggered by cold conditions should be able to cope at high altitudes as long as the asthma is well controlled.

It is a good idea to have a written management plan, knowing what you need both for prevention and relief of your asthma, and what to do for deteriorating asthma.

Stock up on all the medication you will require, as well as some extra. A letter from your doctor outlining the history and severity of your asthma and treatment would be helpful if medical attention becomes necessary.

In freezing conditions, pressurised inhalers may not work properly. They should be warmed (in the hands, for example) before use. It is important to remember to keep taking your medication as directed while you are away.

Talk to your doctor and/or contact the Asthma Australia information line on 1800 278 462 as part of your preparation for taking on recreational alpine activities.

## HEART PROBLEMS

There is no reason why people with heart conditions can't partake in recreational alpine activities, as long as the right precautionary measures are taken.

The risk for people with heart conditions depends on the level of exercise they will be doing. It is essential that someone with a heart problem planning on vigorous exercise takes an exercise stress test with their doctor before they go. This test can then be reviewed by a cardiologist who can help create a management plan for the prevention of any problems.

While at the snow, it is important to keep monitoring yourself and at the first warning signs and pains in the chest, to stop what you are doing. It is vital to keep taking medication as prescribed. It is not advisable for someone with a heart condition to drink excessive amounts of alcohol in the cold.

For more information on hitting the slopes with a heart condition, talk to your doctor and/or contact the Heart Foundation information line on 1300 36 27 87.

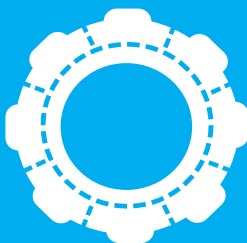
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# DRIVING IN ALPINE AREAS WHAT YOU NEED TO DO BEFORE LEAVING HOME



## HAVE YOUR VEHICLE CHECKED

Snowfield conditions may highlight any existing minor faults, particularly in the electrical system so it is essential to thoroughly check your vehicle before leaving home. Have your tyres, battery, brakes, cooling system, engine and windscreen inspected.

## ADD ANTI-FREEZE

Add anti-freeze to your engine radiator. You'll need to match the amount of anti-freeze to the capacity of the coolant system. If this isn't done and the coolant freezes, the engine block and radiator may crack, leaving you stranded with an expensive repair bill. Most modern cars use coolant with wide temperature capabilities, but you'll need to check with your service provider if special coolant is needed. You should also add anti-freeze to your windscreen washing fluid to prevent it freezing on the windscreen when driving.

## AVOID TRAVEL FATIGUE

Most people have to travel a considerable distance to get to the snow fields. Ensure you have regular breaks to 'stop, revive and survive'. Even allowing for delays and distance to travel, driving to and from the snow fields can be more tiring than normal driving given the possible difficult conditions encountered – bad weather, darkness and narrow, winding roads. You are more likely to become tired because of the amount of activity you pack into a short period of time, especially at weekends. Be aware of the signs of travel fatigue and stop and rest as soon as you feel tired even if you have not scheduled a break.

## PREPARE FOR EMERGENCIES

In case of an emergency carry a torch, blanket, dry clothes, tow rope, spade, wheel chocks and first aid kit

Equip yourself. You'll need the best wheel chains for the maximum grip and safety make sure you get the right size wheel chains for your cars tyres. Vehicles fitted with these chains will be given priority access to resorts in heavy snow conditions.

Carry a spade, tow rope, ground sheet (for fitting chains), rubber gloves, plastic ice scraper, torch and warm clothes.

Use anti-freeze compound in the radiator and take along spare heater and radiator hoses. Make sure the battery is clean and in good condition.

Make sure all lights are working and check the condition of your tyres (including the spare).

Check that your roof rack is well secured.

Practice fitting chains before you leave home to ensure they are the correct size for your tyres.

Include a spare key. Someone in the party should have a spare key to the car. If you lose it skiing or coming home from a night out it will be difficult to recover in the snow.

**!** Driving on alpine roads not only requires concentration and adept driving skills, but also a lot of patience. Keep your cool if stuck in a long queue of traffic, and always follow directions of resort staff and road signs. They are there for your safety.



# DRIVING IN ALPINE AREAS

## THE BASICS

### DRIVING IN SNOW CONDITIONS

There are basic rules to follow when driving in snow conditions. Like skiing or boarding, driving in snow and ice conditions is an acquired skill. Extreme care is required when driving on alpine roads in winter. Planning is essential to ensure your car is in good condition and you have all the necessary equipment for a safe journey.

Observe local speed limits in resorts, chain fitting bays and elsewhere.

Drive cautiously with gradual pressure on the accelerator to avoid wheel spin. The speed is not necessarily the slowest possible, sometimes a more optimum speed can help momentum through snow drifts or traveling up hills.

Avoid unnecessary gear changes. Engage first or second gear on level ground (including automatics) before ascending or descending hills in snow or ice conditions.

Brake gently. Front and rear wheels can lock easily with loss of steering and control.

Avoid braking when cornering. Brake before the corner while the wheels are straight.

Keep well away from snow clearing machines. It is often necessary to reverse these machines, and snow clearing operators may not be able to see you in snowdrift or falling snow conditions. Also, the fountain of snow coming from the blowers may contain ice chunks and stones.

Do not overtake clearing equipment until they have stopped blowing snow.

Be patient approaching large vehicles, such as buses, and only overtake if visibility is good.

**i** Keep well behind the vehicles in front.

### ALLOW ENOUGH TIME FOR YOUR TRIP

Ensure you allow enough time for the trip. Weather can change quickly in mountainous areas, with a corresponding effect on the roads and travel speed. Also, if authorities declare a 'snow chain day', there can be delays in accessing snow chain bays to fit and remove chains, and the process itself can take a considerable amount of time.

### POOR VISIBILITY

If minimum visibility (white-out) conditions occur and the road ahead and snow poles are not visible, bring the vehicle to a stop, leave the motor running and switch on your hazard lights.

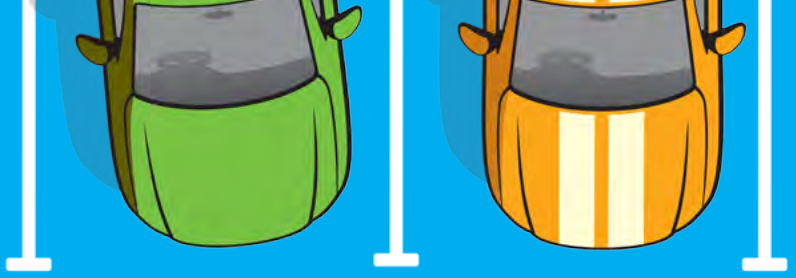
Travel in daylight hours whenever possible. It is difficult to judge distances in snow at night.

In poor visibility conditions, drive with your headlights on low beam. Use front and rear demisters, with air-conditioning on, to ensure windscreens are clear at all times.

### BRAKING AND SKIDDING

On icy or snow covered roads always use your brakes gently and drive slowly. If you lose traction it is better to control your car by steering rather than braking. If you were to hit the bank or get stuck in a snow drift it is better than going over the edge! Keep some distance from vehicles in front of you and give yourself plenty of time to stop.

**i** Before leaving the ski fields, be sure to clear any snow from the car roof, to avoid creating a road hazard to other vehicles. Failure to do so is an offence.



# DRIVING IN ALPINE AREAS

## PARKING AND WINDSCREENS

### PARKING

Always follow directions of resort staff and road signs. They are there for your safety.

- ▶ Park only where directed. If you do not, you run the risk of another vehicle or snow clearing vehicle running into what looks to the driver like just another drift of snow.
- ▶ Do not apply the handbrake. Moisture can freeze the cables and brake linings.
- ▶ Leave the car in gear with the front wheels turned away from the slope.
- ▶ Always park as close to the bank as possible to leave room for two-way traffic.
- ▶ Do not use rocks to chock wheels as they may damage snow clearing machines.
- ▶ Don't use wooden chocks, these tend to slip on icy surfaces.
- ▶ Remove wheel chocks from parking area when leaving.

### SAFETY TIPS

Reduce the risk of windscreen damage by following these simple tips:

- ▶ If parking in the snowfields for an extended period, lift wipers from windscreen or place in a plastic bag to ensure that wipers do not stick to the windscreen.
- ▶ Before attempting to drive away from snowfields, clear all glass and mirrors of ice. Carry an ice-scraper to clear the bulk of the snow. Never use hot water.
- ▶ For fast demisting of the front windscreen, use the car's heater and fan in conjunction with the vehicle's air-conditioner.

### WINDSCREENS

Windscreens today are laminated which means that they are effectively two pieces of glass. Windscreens have been designed this way to increase the safety to passengers within the vehicle when a stone flicks up and hits the screen.

### IF YOUR WINDSCREEN IS DAMAGED

Whether as a result of bad luck or poor choices, sometimes windscreens do sustain damage. There are steps you can take to minimise the damage:

- ▶ To decrease the chance of spreading windscreen damage, avoid the use of the car heater or air-conditioner, avoid rough or bumpy roads and avoid extremes of hot or cold conditions.
- ▶ To prevent contamination in a damaged area, do not wash the windscreen before repair.
- ▶ To prevent cracking a windscreen in cold weather, do not pour hot water over the windscreen.
- ▶ When parking in the snowfields, it is important to choose a safe location to leave your car and to take preventative measures to reduce the risk of damage due to freezing conditions.





# PREVENT DAMAGE TO YOUR CAR

## PREVENT DAMAGE TO YOUR CAR

Freezing conditions can cause damage to your car, so take time to prepare your car when parking for extended periods.

Cover the radiator to help prevent freezing.

Lift wipers from windscreen or place in a plastic bag if parking for an extended period so that wipers do not stick to the glass.

Cover door locks with masking tape to stop locks freezing up.

Return to the car periodically to clear snow on and around the vehicle.

Even if chains were not required to enter the area it is advisable to fit them when parking. It is much easier than trying to fit them later for the return trip if weather conditions change or the vehicle is snowbound.

## HELPFUL HINTS

- ❖ Clear all glass and mirrors of ice before attempting to drive away from snowfields.
- ❖ For fast demisting of the front windscreen, use the car's heater and fan in conjunction with the vehicle's air-conditioner.
- ❖ Have a spare set of keys.

## FUEL

Before you drive up the mountain, ensure that your fuel tank is topped up as you may experience lengthy delays in bad weather when you need to keep your motor running.

If you drive a diesel powered vehicle, fill your fuel tank with alpine mix diesel from a service station close to the snowfields to avoid freezing of fuel.

Dual fuel vehicles (LPG/petrol) should switch to petrol before entering alpine areas.

## USE COLD-WEATHER DIESEL

Diesel 'waxes' at low temperature which blocks the fuel system and immobilises the vehicle. If you drive a diesel vehicle, ensure you use fuel formulated for use in cold conditions, such as 'Alpine Diesel'. This is only usually available close to the snow fields, so plan your journey to arrive with plenty of room in your fuel tank for this fuel.

- ❗ Warm the engine for a few minutes before driving off.



# CHAIN FITTING

## CHAIN FITTING

Fit chains at bays where you see the 'Fit Chains Here' sign. Always fit chains to driving wheels only. When required, chains should be fitted to the front wheels of four wheel drive vehicles.

At all resorts you can be fined for not carrying and fitting chains as directed.

Chain fitting bays are level and make fitting easier. If you don't use the chain fitting bay you may find yourself in a lot of trouble. Chains are hard to fit on slopes, and you will obstruct other vehicles and snow clearing equipment.

If it has not been necessary to fit chains when travelling to the resort, it is advisable to fit them upon arrival in preparation for the return trip. It is quite difficult to fit them to cars covered by snow.

## THE BASICS

- ✦ Fit chains to driving wheels only.
- ✦ Always test-fit chains before a trip.
- ✦ Fit at fitting bays on level ground.
- ✦ If chains fall off or loosen when a vehicle is in motion, stop and check brake lines for damage before re-tensioning.
- ✦ Keep speed below 40km per hour.
- ✦ Carry a torch, plastic garbage bag and gloves to make fitting easier.
- ✦ Use correct fitting chains.
- ✦ Tyres must be in good condition with minimal wear.
- ✦ The use of diamond pattern chains is recommended.
- ✦ After removing chains your cars handling may feel different. Take time to readjust your driving and take care!

! Practice fitting wheel chains before leaving home.

! Do not drive faster than 40km per hour once chains have been fitted.

# SNOWSAFE

Your guide to a fun safe trip to the snowfields

## BE PREPARED

Your guide to a fun safe trip to the snowfields

Visit [www.snowsafesafe.org.au](http://www.snowsafesafe.org.au)



### CHECKLISTS

For clothing and equipment as well as a copy of the alpine responsibility code and trip intentions form

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#### INTRODUCTION TO SNOW SAFETY

Family holiday or snow trip with friends? Preparation is a must, even for the shortest of trips.

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#### SNOW ACTIVITIES

Helmets should be worn by all – novices, children and experts, boarders, skiers and tobogganers.

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#### HYPOTHERMIA

Keep a close watch on weather conditions and seek shelter immediately if a storm approaches.

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#### STAY SAFE

What to do in-case of emergency. What people with pre-existing condition conditions need to look out for

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#### DRIVING IN THE SNOW

Vital winter road safety tips. Learn what to expect on snowy, icy and winding mountain roads.

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#### ALPINE RESPONSIBILITY CODE

Know the code. It's your responsibility.



# CLOTHING CHECKLIST

In addition to any specialised clothing and equipment related to recreational activities, the following list includes basic clothing and equipment you will need when visiting the snowfields. Suggested quantities are provided for each item listed

## EQUIPMENT SECURITY

Common sense and care will reduce the risk of loss or theft:

- Know where to locate your skis/board at all times.
- Use a combination lock.
- Never leave your skis or board on a roof rack without locking them to the rack.
- Mark all clothing.
- Leave skis/board in a 'ski minder' if one is available.
- Separate your skis or split them with someone else.

If loss or theft occurs contact the police or resort staff immediately, giving them a full description of all items. ie: make, model and any distinguishing marks.

	DAY TRIP	2-3 DAYS	3-7
<input type="checkbox"/> Waterproof jacket	1	1	1-2
<input type="checkbox"/> Waterproof pants	1	1	1-2
<input type="checkbox"/> Under layers (thermal underwear) tops	1	1-3	3-4
<input type="checkbox"/> Under layers (thermal underwear) pants	1	1-2	3-4
<input type="checkbox"/> Jumper (wool or polar fleece)	1	1-2	2
<input type="checkbox"/> Gloves (wool or polar fleece)	1	1-2	2
<input type="checkbox"/> Glove liners	1	1-2	2-3
<input type="checkbox"/> Waterproof gloves	1	1-2	2
<input type="checkbox"/> Hat, balaclava and/or ski mask	1	1	2
<input type="checkbox"/> Socks	2	2-3	3-5
<input type="checkbox"/> Goggles	1	1	1
<input type="checkbox"/> Snow boots (waterproof shoes)	1	1	1
<input type="checkbox"/> Sunscreen	1	1	1
<input type="checkbox"/> Mobile phone	1	1	1
<input type="checkbox"/> Medication	all	all	all
<input type="checkbox"/> Whistle	1	1	1
<input type="checkbox"/> Sunglasses	1	1	1
<input type="checkbox"/> Change of pants (for inside and driving)	1	1	1
<input type="checkbox"/> Jeans	-	1	1
<input type="checkbox"/> Warm pants	1	1	1
<input type="checkbox"/> Underwear	2	2-3	3-8
<input type="checkbox"/> Long sleeved tops	1	2-3	3-7
<input type="checkbox"/> Change of shoes (for inside and driving)	1	1	1
<input type="checkbox"/> Scarf	1	1	1
<input type="checkbox"/> Warm sleep clothes	-	1	1
<input type="checkbox"/> Toiletries	-	1	1
<input type="checkbox"/> Money/credit cards/wallet	1	1	1

# EQUIPMENT CHECKLIST

There are special equipment requirements for each of the different activities – alpine skiing, snowboarding, cross-country skiing and ski touring/ bushwalking. Please contact your local professional ski retailer who can advise you on the best equipment to meet your requirements.

Before purchasing equipment and clothing, ensure that they are suitable

to your needs. If possible, hire the same equipment before purchasing. If you would prefer not to purchase equipment, it is available for hire from most ski/board outlets and specialist hire stores.

If you have your own equipment, always have it checked and serviced by a reputable technician before hitting the slopes.

## ALPINE SKIING EQUIPMENT

- Ski boots\*
- Skis\*
- Helmet
- Poles
- Drink bottle
- Lip balm
- Sunscreen

## SNOWBOARDING EQUIPMENT

- Snow boarding boots\*
- Snowboard\*
- Helmet
- Wrist guards
- Retention devices
- Drink bottle
- Lip balm
- Sunscreen

## CROSS-COUNTRY SKIING EQUIPMENT

- Cross-country boots\*
- Cross-country skis\*
- Helmet
- Daypack
- Drink bottle
- Lip balm
- Sunscreen

## SKI TOURING AND BUSHWALKING EQUIPMENT

Each party member should carry a survival kit, even on short trips, in summer or winter.

### PERSONAL SURVIVAL KIT

- Sunscreen
- Mobile phones (note warning on black spots)
- Matches in a waterproof container and/or a cigarette lighter
- Map
- Compass
- Whistle
- Space blanket or large plastic bag
- Plenty of food and drink for your trip
- 6 to 10 metres of 2-3mm cord
- A roomy day pack or rucksack
- Filled water bottle

### GROUP EQUIPMENT, EVEN ON THE SHORTEST TRIP

- Tent or emergency shelter
- First aid kit
- Stove, fuel and billy
- Repair kit



\* Important: Your boots and skis must be fitted by a professional

# TRIP INTENTIONS FORM

## LET SOMEONE KNOW BEFORE YOU GO.

LEAVE A WRITTEN RECORD OF YOUR TRIP PLANS WITH A RELIABLE PERSON SO THAT PERSON CAN NOTIFY THE APPROPRIATE AUTHORITIES WITHOUT DELAY IF YOU FAIL TO RETURN WHEN EXPECTED.

The reliable person should be a friend, a relative at home or a member of your lodge. In addition, if an Intentions Book is provided

where you start your trip, please use it – even on the shortest trips.

Trip Intention Forms are widely available from resort administration offices and police stations. Examples of this form are provided below or can be downloaded from [www.skipatrol.org.au](http://www.skipatrol.org.au) or [www.skisafe.org.au](http://www.skisafe.org.au) and printed out.

My name is:

Phone:

Others with me are:

Names:

## PLANNED TRIP

Day 1 (date):

Route:

Day 2:

Day 3:

Additional days:

Vehicles left at (location):

Reg Nos:

## THE GROUP CARRIES:

Waterproof jackets

Spare clothes

Food for \_\_\_\_\_ days

Tent or emergency shelter

Sleeping bags

First Aid kit

Matches

Whistle

Map and Compass

Mobile Phone/s No/s.....

.....

## FOR CONTACT PERSON

If I have not contacted you by \_\_\_\_\_ am / pm, on \_\_\_\_\_ (date)  
ring Police on 000 or contact your local Police station.



**DON'T FORGET - THE GROUP LEADER SHOULD NOTIFY THE CONTACT PERSON ON RETURN, OR IF DELAYED.**

# ALPINE RESPONSIBILITY CODE

## KNOW THE CODE. IT'S YOUR RESPONSIBILITY.

THERE ARE INHERENT RISKS IN ALL SNOW RECREATIONAL ACTIVITIES. COMMON SENSE, STAYING IN CONTROL AND PERSONAL AWARENESS CAN REDUCE THESE RISKS. RISKS INCLUDE RAPID CHANGES IN WEATHER, VISIBILITY AND SURFACE CONDITIONS, AS WELL AS NATURAL AND ARTIFICIAL HAZARDS SUCH AS ROCKS, TREES, STUMPS, VEHICLES, LIFT TOWERS, SNOW FENCES AND SNOWMAKING EQUIPMENT. OBSERVE THE CODE AND SKI AND RIDE WITH COURTESY TO OTHERS.

1. STAY IN CONTROL AND AVOID OTHER PEOPLE AND HAZARDS.
2. USE APPROPRIATE PROTECTIVE EQUIPMENT, ESPECIALLY HELMETS, TO MINIMISE THE RISK OF INJURY.
3. YOU MUST HAVE THE ABILITY TO USE EACH LIFT SAFELY. IF IN DOUBT ASK THE LIFT ATTENDANT.
4. OBEY ALL SIGNS AND WARNINGS, AND KEEP OFF CLOSED TRAILS AND AREAS.
5. IT IS YOUR RESPONSIBILITY TO AVOID AND GIVE WAY TO PEOPLE BELOW AND BESIDE YOU.
6. DO NOT STOP WHERE YOU ARE NOT VISIBLE FROM ABOVE OR WHERE YOU OBSTRUCT A TRAIL.
7. BEFORE STARTING DOWNHILL, OR MERGING INTO A TRAIL, LOOK UPHILL AND GIVE WAY TO OTHERS.
8. USE CARE TO PREVENT RUNAWAY SNOWBOARDS.
9. IF YOU ARE INVOLVED IN OR SEE AN ACCIDENT, ALERT AND IDENTIFY YOURSELF TO RESORT STAFF.
10. BE AWARE THAT IT IS DANGEROUS TO SKI, BOARD OR RIDE LIFTS IF YOUR ABILITY IS IMPAIRED BY DRUGS OR ALCOHOL.

FAILURE TO OBSERVE THE CODE MAY RESULT IN CANCELLATION OF YOUR TICKET OR PASS BY RESORT STAFF.





Visit [www.snowsafes.org.au](http://www.snowsafes.org.au)

MOBILE PHONES SAVE LIVES: In an emergency call '000'

SUPPORTED BY:

