

# Winter Sports Checklist

By John F. Smith

- Before You Go
  - Ensure your equipment is safe and trustworthy.
  - Exercise in the months prior to winter activities to keep in shape and condition muscles.
  - Make sure that insurance for the 'winter sport' you want to do is included on your policy.
  - Find out what the rules and regulations that apply to protect your safety.
  - Check that there is provision for your level before you book a resort.
  - If flying, check with the airport for any restrictions or extra costs on ski or snowboard equipment.
  - Make sure you have warm clothing for afterwards.
  - Take sunblock to protect your face.
- Preventing Injury
  - Don't go skiing, sledding, ice skating or snowboarding alone.
  - Take the time to stretch and warm up your muscles before heading out.
  - Know and abide by the rules of the sport.
  - Wear appropriate protective gear, including goggles, helmets, gloves and padding.
  - Use good quality equipment.
  - Take a lesson from a qualified instructor, especially in sports like skiing and snowboarding.
  - Avoid jumping maneuvers, if you're a beginner.
  - Fall on your side or buttocks.
  - Pay attention to storm warnings and reports of severe drops in temperature to ensure safety.
  - Familiarize yourself with the whereabouts of fences, trees, rocks, open water and patches of ice.
  - Stay on marked trails and avoid potential avalanche areas.
  - Don't take part in sports if you are in pain or are exhausted.
  - Drink plenty of fluids to stay hydrated.
  - Take breaks to help you stay warm and dry.