



Dollar Academy Ski Club

Easter 2010 Tour



THE SKIER'S CODE

A GUIDE TO SAFE AND ENJOYABLE SKIING

Skiing is an adventure sport and consequently has some risks. Despite that, skiing is recognised to be a safe sport thanks to modern equipment design and the care that resorts take in preparing their areas. We want Dollar Academy Ski Club members to have as few accidents as possible and a key to that is behave safely and responsibly on the pistes.

The FIS (International Ski Federation) have designed a '*Highway Code*' for skiers. Everyone should note that **these are binding in law** and apply to all skiers and snowboarders. Most of them are common sense and should need no further explanation.

Basic Rule

- 1 Do not endanger or prejudice others.

Skiing Rules

- 2 Ski in control. Adapt your manner of skiing and speed to your ability and to the prevailing conditions on the mountain. **Essentially do not ski faster than your ability allows!**
- 3 The skier in front has priority. Leave enough space.
- 4 Leave plenty of space when overtaking a slower skier. Remember that beginners and over-cautious skiers can make erratic and unexpected changes of direction.
- 5 Look up and down the mountain each time before starting.

Stopping/Climbing

- 6 Only stop at the edge of a piste or where you can be easily seen.
- 7 When climbing up and down, always keep to the side of the piste.

Note – when stopping with an instruction group, ski behind the group and stop at the bottom of the line.

Signs

- 8 Obey all signs and markings - they are there for your safety.

Accidents

- 9 Provide help when possible and alert the rescue service.
- 10 All persons involved in an accident, including witnesses, must exchange names and addresses.

Additional Rules for Snowboarders

- 11 The front leg must be firmly tethered to the board by a safety strap.
- 12 You must look carefully to the right and left when changing direction, especially when starting a turn heelside - look backward.
- 13 The ability to ski does not confer the ability to snowboard.
- 14 Do not attempt the sport without instruction.

Dollar Academy's rules are contained in the Final Details document and are listed here again.

- a) Everyone must ski in groups of at least four which should remain together on the pistes designated to them by their group teacher.
- b) Your group teacher must be kept informed if you will be skiing with another group **or parents**.
- c) Pupils must not ski out of the Les Menuires ski area without a teacher or instructor.
- d) Off-piste skiing is not allowed without an instructor.
- e) A helmet must be worn when skiing or snowboarding.
- f) Be organised and think ahead.
- f) Act sensibly and be alert at all times.
- g) Do not wear earphones whilst skiing – you must be aware of sounds at all times.

Accident Procedure

It is most unlikely that you will be involved in an accident which requires rescue services to attend. However it is important to know the steps that should be taken just in case it should happen.

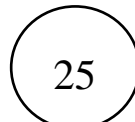
If an accident should occur to someone in the group that you are skiing with, you can rest assured that the ski rescue services will do their best to get the casualty off the slope as quickly as possible. The following steps are fairly easy to remember and will help speed the process.

First Steps

- 1 **Don't panic!**
2. **Protect** everyone by putting crossed skis uphill of the casualty. Use as many skis as possible for this. One person could also act as a guard to warn other skiers away especially in misty conditions or blind corners (but be careful!).
3. If another person was involved with or possibly caused the accident (for example, a collision), it is very important to get that person's name and address. If they have not disappeared from the scene, make sure they do this before leaving and if witnesses are around, get their details as well. (Of course, this should not distract from attending to the casualty but with a group, somebody should be available to see to this.) The group leader, at least, should have a notepad and pen available for this.

Alert The Rescue Service

3. Do not move the casualty unless absolutely essential (to prevent further injury). It is best not to take off his/her skis but if you do, be very careful. **Under no circumstances should you remove or even loosen ski boots.**
4. If you are not skiing with an adult, attract other adults and ask one of them to inform the '*Securite des Pistes*' (the ski patrollers). If no-one is available, one of the group should make a note of the piste name and marker number (on posts beside the piste), ski carefully to the bottom of the nearest lift and tell the attendant there.



A Piste Marker

Wait for the Rescue Service

1. If any strangers offer to help, only let them move the casualty if they say they are a doctor.
2. **Keep the casualty warm** - possibly someone could take off their jacket for extra warmth
3. Talk to the casualty until the rescue services arrive. Reassure him/her that help is coming.
4. When the rescue services arrive, let them do their job and answer any questions accurately.

After the casualty has been rescued

1. Find your group or any teacher (if not with you) or ski back to the hotel and report the incident there. The SkiBound reps know the doctors very well and are extremely good at resolving any problems and fixing up further treatment. The doctors in resorts like this are specialists in treating skiing injuries so you can rest assured that the help you are getting is first rate.

These services are covered by insurance. If in doubt call the rescue services. However you may be interested to know that the cost of a rescue on the piste close to the resort centre is over £300 just to get you down to the doctor! Further away or if a helicopter needs to be used, it will be much, much more than that!