

always ride **SAFETY**

## CELEBRATE safety

January is National Safety Awareness Month

### 2014 Helmets

Recommendations by Julia Vandenoever, onthesnow.com

It seems that the ski industry is nearly to the point where it's uncool not to rock a helmet on the hill... quite a far cry from when we first saw them appear on the scene.

Helmet design has come a long way in that time, too. Lightweight without giving up any protective factors or compromising on comfort, today's helmet technology sure makes it easy to take that extra step toward safety.

With more and more people wearing them and talk of helmet requirements and laws constantly cropping up, you might as well be styling in that safe zone.

But on the flip side, there's no need to play it safe when it comes to helmet style, and these 7 models from Smith, Salomon, Atomic and Bern provide hardheaded proof of that.

Just remember that wearing a helmet does not give you carte blanche to ski unsafely. ♦



#### Bern Berkeley

Super lightweight, low-profile, well-crafted helmet providing head protection for women.



#### Salomon Hacker Custom Air

Super light Twinshell and Custom Air fit make it ideal for big mountain and park skiing.



#### Bern Macon EPS

A core, high quality, subtle helmet that performs as both a skate and snow model.



#### Salomon Shiva Custom Air

Lightweight performance freeski helmet for women with Twinshell construction and Custom Air system.



#### Atomic Troop

Lightweight half shell helmet can be removed with padding that has Instant Fit technology.



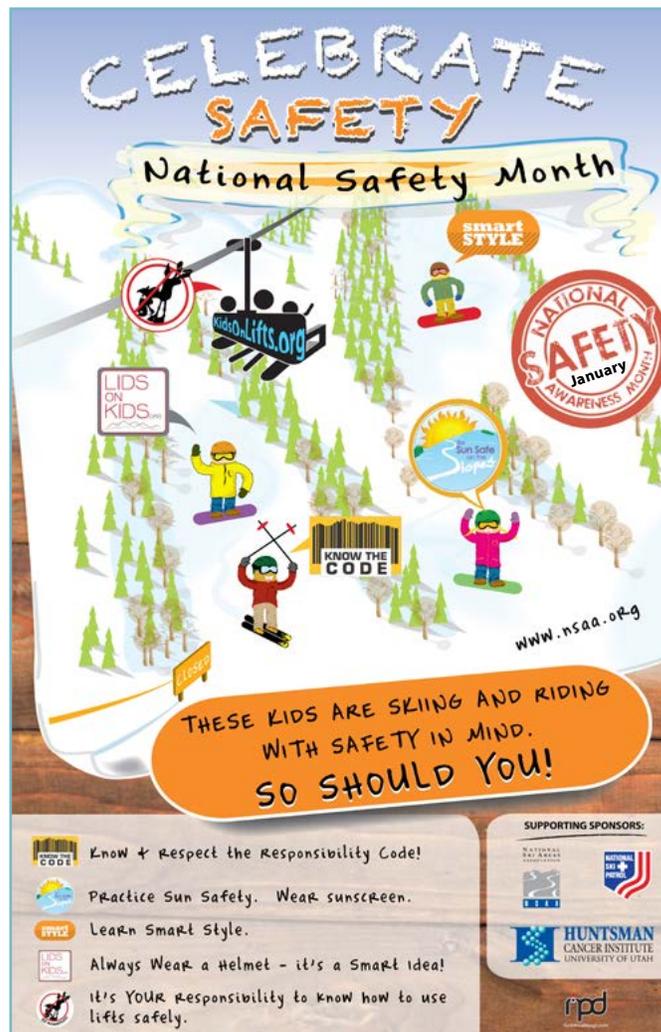
#### Smith Vantage

Designed with Aerocore construction, featuring Koroyd to simultaneously maximize full protection.



#### Smith Vantage Women's

With similar specs as the men's counterpart, this women's helmet has a soft lining.



### ski safety tips

#### Ski with friends.

This is an obvious precaution when challenging yourself in steep or tree-lined terrain. If you end up on an accidental solo mission, make sure you've agreed with partners on a meeting place (and a backup meeting place).

#### Level out.

If you're not an expert skier, don't pretend that you are. Stay on runs that challenge your skills but let you stay in control of your speed and equipment. Signs at the bottom of each lift explicitly state what level terrain the lift serves.

#### Listen to your body.

If you feel tired, stop for a break. Skiing from 8:30 a.m. to 4 p.m. is hard on the body no matter how good of shape you are in. Muscles will tighten up at the end of the day if you don't stretch and hydrate frequently. ♦