

Tips for a Safe Ski Week

Ski with Pride • Let it Ride • Watch all Sides

Respect Altitude

Drink tons of water. Avoid alcohol and caffeine for the first few days.

Wear Sunscreen —

your first day and every day?

Dress in Layers

Dress so you can add or take off clothing as the weather changes. You can always store extra items in a backpack. Remember most of your body heat escapes through your head, so wear a hat/helmet if you feel cold.

Buy or Rent a Helmet

Today's helmets are warm, lightweight and ventilated.



Ski Patrol

Every country has its own ski-patrol with different training, credentials and requirements. If a skier is injured within resort boundaries there may be a charge to get off the mountain. There are extra fees for helicopter assistance and transportation from the mountain to the hospital.

Off-Piste Skiing

Areas beyond the resort boundary are not patrolled or maintained and avalanches and other hazards exist.

We strongly urge those venturing off-piste to know your limits and to be prepared for any set of circumstances.

If you are not familiar with the area you should hire a guide to lead the way.



Trail Signage



Runs, District, Color Trail Signs—
Blue [Easy], Red [Intermediate],
Black [difficult]



Danger



Closed

Avalanche
Danger



Help



Closed

Bring a Trail Map

The mountains are huge and you will enjoy them so much more if you know where you are going. Be sure to hire a guide if you venture onto the glaciers.



Know the Code.

Safety on the mountain is an important part of enjoying the slopes. Always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce.

- Always stay in control.
- People ahead of you have the right of way.
- Stop in a safe place for you and others.
- Whenever starting downhill or merging, look uphill and yield.
- Use devices to help prevent runaway equipment.
- Observe signs and keep off closed trails.
- Know how to use the lifts safely.