

Ski Sense and Safety Test

Test Compiled by the National Ski Patrol System

Answer the test questions by circling the correct answer box. There is only one correct answer per question.

1. While skiing on a very cold day, you notice a gray-white patch on your friend's face—

- A. Rub area vigorously.
- B. Apply a warm hand to the area and go inside to warm up.
- C. Keep skiing, it's only frost.

2. You happen onto a skiing accident scene, you should—

- A. leave the victim and go for help.
- B. the ski patrol will be here soon, so keep skiing.
- C. note location, stop another skier, have the accident reported to the nearest lift operator or the Ski Patrol.

3. If you fall in deep soft snow while skiing, you should—

- A. fill in the sitzmark.
- B. mark it with a bamboo pole.
- C. leave it for the packing machine.

4. If you drink alcohol while skiing on a cold day, you will—

- A. get colder.
- B. get warmer.
- C. alcohol will have no effect.

5. While overtaking another skier and attempting to pass, you should—

- A. tell them to get out of your way.
- B. call out "on your right" or "on your left."
- C. just ski past as quickly as possible.

6. You are skiing across a slope and meet another skier head on, both skiers should—

- A. keep to the right.
- B. holler "look out."
- C. one keep right, one keep left.

7. Physical conditioning prior to the ski season will help—

- A. preventing injuries.
- B. add to the pleasure of the sport.
- C. make you feel better in general.
- D. all of the above.

8. Checking your bindings for maintenance and repairs—

- A. keeps you stylish.
- B. will make equipment less likely to fail.
- C. lessen the likelihood of injury.
- D. B. & C.



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9. Professional advice on proper ski length and equipment—

- A. will aid your skiing in relation to your ability, height, and weight.
- B. will help you to look cool on the hill.
- C. will make it easier to carry your skis.

10. Proper clothing used in relation to the weather—

- A. can prevent hypothermia.
- B. can prevent heat exhaustion.
- C. can make you more comfortable.
- D. all of the above.

11. Keeping up with your skiing group is good—

- A. because you shouldn't ski alone.
- B. your buddies may have the wine.
- C. unless you are not in their proficiency class.
- D. A & C.

12. Thorough stretching before your ski day can prevent—

- A. acid indigestion.
- B. headaches.
- C. pulled muscles.

13. Keeping your bindings looser than recommended increases safety.

- A. True
- B. False

14. Trail signs are used by ski areas—

- A. to provide snow conditions.
- B. to advise relative trail - ski difficulty.
- C. to advertise beer prices.

15. A good breakfast before skiing—

- A. helps make one alert.
- B. helps give one energy for skiing.
- C. is a good nutritional habit.
- D. all of the above .

16 A trail sign which has been covered with a "Trail Closed. Avalanche Danger." notice is used to—

- A. warn skiers of avalanche danger at your location.
- B. advise skiers of the danger of avalanche nearby.
- C. stop skiers from skiing onto the closed trail due to danger from avalanche.

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17. How do you show that a skier has been injured?
- A. Ski away from him.
 - B. Cross his skis uphill.
 - C. Drag him to the edge of the hill.
18. Wearing protective sun glasses will help to prevent—
- A. identification.
 - B. small objects from getting into the eyes.
 - C. snow-blindness.
 - D. B & C.
19. Who do you notify if a skier is injured?
- A. Ski Instructor
 - B. Lift Operators
 - C. Ski Patrol
 - D. all of the above
20. When approaching a slow moving or standing skier from behind you should—
- A. ski by him without him knowing.
 - B. call your approach side “on your left” or “on your right.”
 - C. stop behind him.
21. When coming to a trail marked off with flags, you should—
- A. try to limbo under the flags.
 - B. go to another trail.
 - C. take the flags home for a souvenir.
22. When approaching an accident where the Ski Patrol is working, you should—
- A. speed up to get past the area.
 - B. stop to watch.
 - C. ski away from the accident carefully.
23. Does good equipment affect skiing safety?
- A. Yes
 - B. No
24. When skiing through trees—
- A. one should not wear loose clothing or flying scarfs.
 - B. one should remove pull straps from wrists.
 - C. one should not ski alone.
 - D. all of the above

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25. One should always look uphill before skiing out onto a trail—

- A. True
- B. False
- C. Sometimes

Answers

1. b; 2. c; 3. a; 4. a; 5. b; 6. a; 7. d; 8. d; 9. a; 10. d; 11. d; 12. c; 13. b;
14. b; 15. d; 16. c; 17. b; 18. d; 19. d; 20. b; 21. b; 22. c; 23. a; 24. a; 25. a.