



Skiing and Snowboarding

Recreational activities are pillars of summer/winter camp, summer school, and recreational center experiences. They provide an opportunity for socialization and learning in a fun setting. These activities also provide an increased liability and potential for staff and/or participant injury. The safety of participants and staff should be standard operating procedure. It should be completed to the highest professional standards and in line with federal, state, local, and accrediting agency guidelines. The following checklist template provides a high level oversight to assist with your activity structure. Your organization is responsible for the development of your own written program guidelines and policies for the oversight of your activities. Through consistent management and preventative programs, exposures can be reduced to help ensure a safe recreational experience.

Pre-Activity:

- Established written program guidelines which outline participant assessment, liability waivers, instructor requirements, training, emergency action plan, and other additional criteria as required by best practices along with local, state, and federal statutes.
- Participant assessment protocols in place and completed in line with internal written policies. This includes emotional and physical assessment of each participant to assess their ability to safely participate in the activity.
- Participant files contain emergency contact information and legal counsel reviewed liability waivers signed by legal guardians.
- Active and updated training program attended by all participants prior to heading out to the slopes. Retraining completed per internal written policy.
- All participants receive an orientation on safety (rules, equipment use, clothing, personal protective equipment, lifts, etc.).
- Ski instructors assess each participant's skill level (beginner, Intermediate, etc.).
- Skis, boots, snowboard and any additional accessories are chosen and fitted to participants by qualified individual per internal written criteria.
- Camp/Resort-supplied equipment only. No student owned equipment allowed for the group activities.
- All skis, boots, boards and poles are inspected for function by qualified individual(s) prior to issuance. Written records are maintained of all equipment inspections.
- Personal protective equipment (PPE) program. Outlines equipment usage, inspection process, and storage. Minimal protective equipment includes:
 - Helmet
 - Face mask/goggles
 - Appropriate clothing (ski vests, jackets, warm layers, bright colors, etc.)
- Ski lift procedures are reviewed as well as rules for an adult rider with children and disabled individuals.

Recreational/Camp Activities: Specialty Care Services**Oversight/Program Director:**

- Ski/Snow Board facility is owned and managed by individuals highly experienced in operations and participating in risk management courses through the National Ski Areas Association (NSAA).
- Ski and Snowboarding instructors vetted for training experience as outlined in written policies.
- Instructor(s) have training certifications from at least one nationally recognized and accredited programs:
 - [Professional Ski Instructors of America](#)
 - [National Ski Patrol](#)
- Facility is staffed with Ski Patrol teams trained to provide rescue and basic life support (BLS) from course accidents.

Ski and Snowboard Resort Set Up:

- Slopes and Common areas are set up to best practices per NSAA guidance.
- Course and etiquette rules are conspicuously posted in highly visible areas to program participants.
- Rules outlines instructor/student ratio, personal protective equipment requirements, dress code, ski lift procedures, course warning signs and adverse weather procedures.
- Course runs are designated as Beginner, Intermediate, Advanced and Expert.
- Any closed or dangerous course areas (trees down, avalanche prone areas) are marked closed with high visibility hazard markings.
- Boundary lines are marked on all open courses and highly visible.

Safety During Skiing and Snowboarding Activities:

- Courses are inspected daily prior to opening and upon weather changes.
- Lifts are inspected daily and tested prior to opening.
- Clearly outlined course rules and adverse weather/closing procedures.
- Instructors, counselors, and students wearing adequate PPE during slope activities in line with internal written program.
- Internal written policy against horseplay. Written disciplinary policy outlining actions to be taken if rules are not followed, up to and including revoking use of facilities.
- Instructor/Student ratios determined based on participant ages, skill level, and disabilities.
- Visible/audible emergency weather alarms are available. All participants receive clear instruction during training and upon arrival to the ski course areas.
- Ski Lift supervision is provided while riding lifts and by course staff at loading and off-loading areas.
- Signs are posted at ski lifts (remove backpacks, no horseplay, age requirements, etc.)
- Signs are posted on each course to designate boundary lines and for participants to look both ways and uphill before crossing a trail.
- Ski Patrol staff is available to assist participants.
- Outdoor temperature plus wind chill are monitored.

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For Additional Information:

[National Ski Areas Association](#)

[Professional Ski Instructors of America](#)

[National Ski Patrol](#)

[National Safety Council](#)

[Skiing and Snowboarding Safety](#)

[Adaptive Snowboard Guide](#)

Providing solutions
to help our members
manage risk.®

For your risk management
and safety needs, contact
Nationwide Loss Control
Services: 1-866-808-2101
or LCS@nationwide.com.