

Be safe in the snow!

Many of you will be looking forward to getting away to the mountains this Christmas or in the New Year to pursue your favourite snow sports! In skiing the chances are getting yourself injured are comparatively lower than cycling but following a few basic tips will put you in the best possible stead.

- Make sure you are in good shape! This means, in particular, strengthen your core and thigh muscles, stretch your calf and hamstrings and improve your fitness.
- Listen to ski instructors and if you can take lessons. Apart from improving you technique, they will be able to teach you how to fall correctly and reduce the chance of injury.
- Check the condition of your gear, especially the bindings. Have them adjusted correctly at a ski shop if need be.
- Head injuries are one of the worst you can get in skiing so wear a helmet to reduce the risk of injuries

caused by falls or collisions.

- Wear wind and water resistant ski clothing to stay warm, and avoid wearing loose clothing that can become entangled in poles and lifts.
- Wear layers so you can adjust to the constant changes in your body temperature.
- Wear wrist guards and knee padding to protect from injuries during falls especially on icy surfaces.
- Take a hat with you in case the temperature drops. Up to 60% of heat loss can occur through your head.
- Apply adequate sunscreen even on cloudy days. Sun glare can impair your vision so always wear sunglasses or goggles.

Prevention is always better than cure so be safe and have a wonderful holiday!

