

## Resources

Your local library, ski area and ski shop may be excellent sources of information about skiing and snowboarding.

### National Ski Areas Association (NSAA)

133 South Van Gordon Street, Suite 300

Lakewood, CO 80228

[www.nsaa.org](http://www.nsaa.org)

### LidsOnKids

Site addressing helmets and safety:

[www.lidsonkids.org](http://www.lidsonkids.org)

### National Ski Patrol

[www.nsp.org](http://www.nsp.org)

### United States Ski and Snowboard Association

Box 100

1500 Kearns Blvd.

Park City, UT 84060

[www.uskiteam.com](http://www.uskiteam.com)

### Snow Monsters National Ski and Snowboard Program for Children

Site includes ski/snowboard safety games, activities, and stories.

[www.snowmonsters.com](http://www.snowmonsters.com)

### Northpole Design

Site includes ski safety related games and crossword puzzles.

[www.northpoledesign.com](http://www.northpoledesign.com)

## Five Universal Trail Difficulty Symbols



Green circle: Easier



Blue square: More difficult



Black diamond: Most difficult



Double black diamond: Most difficult; use extra caution



Orange oval: Freestyle terrain

## Conditioning and Endurance Exercises

Leg squats, Push-ups, Side bends, Hamstring Stretch, Sit-ups, Leg lunges, Jogging, Cycling, Swimming

## Your Responsibility Code

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country and other specialized ski equipment, such as that used by disabled or other skiers.

Always show courtesy to others and remember that there are elements of risk in skiing that common sense and personal awareness can help reduce.

## Know the code. It's your responsibility.

Officially endorsed by NSAA.

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

## More Safety Tips:

- Wear sunscreen, proper clothing, and equipment.
- Keep yourself physically fit.
- When using a ski lift, do not cut into the line. Wait your turn.
- Only walk on ski trails with skis on your feet.
- Make sure your ski binding holds your foot firmly to your ski and that your release works properly.