

# WHAT TO DO IF SOMEONE GETS HURT

Although our goal is to help reduce injuries and promote safe skiing/riding, there is still a chance that an accident may occur. If it does, follow these steps:

1. **Recognizing the Situation** - Recognize that an accident has occurred. Acting quickly will help the victim.
2. **Personal Safety** – Prevent further injuries to yourself, the victim, and other skiers/riders. The international signal for a skiing accident is a pair of crossed skis approximately 10 metres uphill from the accident site. This tells oncoming skiers to avoid the area, as well as alerts the Ski Patrol that assistance is needed.
3. **Getting Help** – Advise area employees or the Ski Patrol as soon as possible. Always ask a fallen skier/rider if they require help, or make that decision yourself if they are unable to. Send someone, generally the strongest skier/rider for the Ski Patrol immediately, making sure that they know the exact location of the accident such as the run that you are on, distance from the top or bottom (i.e. halfway down on the right side).
4. **While Waiting** – Help by clearing the accident site and keeping it safe. Keep in mind that the Ski Patrol may take some time to arrive, as they will have to ride the lift and ski down to the accident scene.
  - The victim should be kept warm and if it does not disturb the injury, an extra jacket should be placed on the victim's shoulders or underneath for the victim to sit on. Replacing the victim's toque or glove may be appreciated if it does not cause any disturbance.
  - A victim should never be given anything to eat or drink, even if they ask for something. If people stop to see the accident, politely ask that they keep on going so that they will not create a hazard by blocking the hill.
  - Never remove a victim's skis or board, or unfasten their boots. However, other equipment that is not attached to the victim, such as ski poles or loose skis, should be set aside to avoid someone running into it. This also clears the area for the Ski Patrol.
  - If a major accident has occurred, ask around to see if there were any witnesses. Perhaps someone can provide details of how the accident happened. It may be necessary to obtain names and addresses of witnesses.
5. **The Ski Patrol Arrives** – Once the Ski Patrol arrives, they will be in charge. They may ask for assistance or details of the accident. Offer to help in any way possible. Spectators are not welcome at an accident scene, however, so if your assistance is not required, please leave the Ski Patrol to do their job.