

WINTER SAFETY

- Never ski alone.
- Dress appropriately for ski sessions. Stay dry and warm. Be prepared for bad weather or changing conditions.
- Know which trails you are allowed to ski on, and never ski outside the designated area.
- Learn what to do if you become lost.
- Find out what causes frostbite. Learn to recognize it and what to do about it.
- Re-evaluate your plans if you or other members of your group start to fatigue.
- Do not ski out of control.
- Be aware of the dangers of crossing bodies of water in winter. Proceed one person at a time and check the thickness of the ice with your poles.
- Do not ski in avalanche areas without proper training and equipment.