

# Snow Sports Instructors - positional Awareness

Instructor Guide

## Safety Talk Overview:

**What & Why?** Safety Talks are a method to refresh an employee’s knowledge and skills, maintain their interest in safety and illustrate the organization’s commitment to creating a healthy & safe work environment.

**Who & When?** Generally, these Safety Talk meetings are led by a supervisor, member of the JHSC, or Worker H&S Representative and should be mandatory for all crew members to attend. The content should be focused on a single topic. Safety Talks can be performed on a weekly basis or before the start of a new scope of work and should be about 15 minutes in duration.

go2HR developed this safety talk template for employers to customize and use for any topic in their organization. The Participant Handout should include information that you hope the worker will retain from the safety talk content and should be handed out during the safety talk for workers to reference later. Feel free to use it at your discretion.

**Snow Sports Instructors- Positional Awareness Overview**

In any mountain environment, ensuring safety is paramount. Whether you're a seasoned ski instructor or just starting out, implementing preventive measures is key to a successful and secure experience for both you and your students. From setting up for success with proper posture and group management to maintaining personal health and equipment awareness, this safety talk outlines essential practices for safety on the slopes. Let's delve into these crucial aspects to create a safer and more enjoyable environment for all.

**Safety Talk Outline (using the handout below):**

- Preventative Measures

- Discussion Questions

**Additional Resources:**

- [go2HR Ski Areas](https://www.go2hr.ca/health-safety/ski-areas)

## Topic Overview:

## 

## Safety Talk Facilitator Guidance

🞏 **Introduce** the topic and why it’s important

🞏 **Discuss** the associated hazards and likely incidents

🞏 **Tour** the work zone identifying hazardous areas

🞏 **Distribute** the Participant Handout

🞏 **Use** the info above to guide the discussion

🞏 **Document** the talk using the Safety Talk Record

🞏 **Explain** what controls are used to minimize the risks

🞏 **Remind** employees about applicable PPE usage

🞏 **Emphasize** the importance of safe work procedures

🞏 **Ask questions** to generate group discussion

🞏 **Answer any questions** or concerns they might have

🞏 **Set a good example** by working safely at all time

# Snow Sports Instructors - positional Awareness

Safety Talk Record

|  |  |
| --- | --- |
| **Discussion Leader:** | **Date:** |
| **Department:** | Time: |

### Attendees (Please print your name and sign beside it. If you are a contractor, also include your company name):

|  |  |
| --- | --- |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

### Near miss/incidents and investigations reviewed: ☐ None this month

### Any questions or concerns from workers?

|  |  |  |  |
| --- | --- | --- | --- |
| **Action needed:** | **Person responsible:** | **Due date:** | **Completed date:** |
|  |  |  |  |
|  |  |  |  |

|  |  |
| --- | --- |
| **Supervisor/Manager print name & sign:** | **Date:** |

### Reviewed by:

# Snow sports instructors - positional awareness

In any mountain environment, ensuring safety is paramount. Whether you're a seasoned ski instructor or just starting out, implementing preventive measures is key to a successful and secure experience for both you and your students. From setting up for success with proper posture and group management to maintaining personal health and equipment awareness, this safety talk outlines essential practices for safety on the slopes. Let's delve into these crucial aspects to create a safer and more enjoyable environment for all.

**Preventative Measures**

**Setting Up for Success**

- Set yourself and your students up to succeed – Start slow!

- Maintain a good ski posture to reduce strain on your knees

- Keep a running head count of all your students to ensure you don’t lose anyone

- When stopping on the hill, arrange the group to stop in a column downhill

- Ensure the terrain is suited to you, your class, and the progression that you are expected to teach. Gauge the ability and comfort level of your students before proceeding down any run

**Safety Practices on the Slopes**

- Teach students how to get up on their own to avoid back injuries from trying to help them and keep a safe distance so students cannot grab onto you as they fall

- Limit the amount of skiing done after work to avoid strains and overexertion

- When positioning yourself on the hill, be sure to have room to move out of the way of a student who is losing control

- Ski in the middle of the run as the sides have crud snow

- Stay within your ability and the type of snow you are most comfortable in

- Watch for vehicle traffic on the hill. Listen and watch for snowmobiles and snowcats

**Equipment and Condition Awareness**

- Use only modern ski or snowboard equipment and keep it in good condition. Maintain your equipment – edges, wax, and proper binding release settings

- Get a detailed report on man-made snow or changing conditions prior to taking your class out on the hill

**Personal Health and Wellness**

- Maintain your own health and wellness at all times. Eat healthy foods, drink plenty of water, get plenty of sleep, and stay physically fit for the job. Consider stretching your muscles before your shift to warm up your body and prevent strains

- Take regular breaks and rest as extreme weather may require additional time

- If you are taking any type of medication, ensure that it will not interfere with your ability to perform your required duties

**Student Safety Guidelines**

- Do not allow students to venture too far from the group or stop in blind spots & in the middle of runs

- Do not ski with students between your legs or ski backward to observe the class

**Discussion**

- Reflecting on your own journey, what safety practices have you adopted to mitigate risks while instructing guests on the mountain? How do these practices contribute to a safer work environment?

- Can you share an experience where effective teamwork led to preventing incidents or accidents?

Participant Handout

### For more information on this topic or if you have questions, contact: