

## PATROL

Get to know your patrollers. They're there to keep the slopes as safe as possible and to help should you get injured. They can also advise which trails or slopes are suitable for your particular ability level.

## AVALANCHE AWARENESS

When there is snow on the slopes there is often some risk of an avalanche. Ski areas carry out avalanche control work and this makes the risk minimal for their visitors.

Skiers and snowboarders going into backcountry areas, where no avalanche control work is carried out, are exposed to far greater risk and should attend avalanche awareness training.

Every winter courses are run by skilled avalanche professionals throughout New Zealand. They provide guidance on travelling in avalanche terrain; trip preparation, avoiding avalanches and avalanche rescue.

For up-to-date information on snowpack including avalanche danger reports, backcountry skiers and boarders should check out: [www.avalanche.net.nz](http://www.avalanche.net.nz)

This web site links to information about avalanche awareness training and publications, weather reports and ski area snow reports.

## WHERE TO GET OUTDOOR SKILLS

NZMSC branches run courses in the disciplines of Bush, Alpine (mountaineering), Outdoor First Aid, Abseiling, Risk Management and Firearm Safety.

Branch contact details are available on:  
[www.mountainsafety.org.nz](http://www.mountainsafety.org.nz)

## RESOURCES

### PUBLICATIONS

Avalanche Accidents in NZ  
Backcountry Avalanche Awareness  
Avalanche Handbook  
Alpine Skills Manual  
Outdoor First Aid Manual  
Outdoor Safety — Risk Management for Outdoor Leaders  
Bushcraft Manual

### PAMPHLETS

Avalanche Safety  
How To Use Avalanche Transceivers  
Hypothermia  
HELP Forms – to record trip intentions  
Survival  
Going Bush?  
Rivers The Power To Kill  
Let It Breathe – cooker safety  
Mountain Radio Service – contacts

### VIDEOS

Avalanche Awareness!  
Staying Alive! – mountaineering  
It Was Just A Tramp In The Bush – bushcraft  
Do You Need To Cross? – river safety



### WEATHER CONTACTS

MetFax phone 0900 77999  
MetPhone 0900 999 plus your area code

### WWW CONTACTS

NZ Snow Sports Industry: [www.snow.co.nz](http://www.snow.co.nz)  
Federated Mountain Clubs of NZ: [www.fmc.org.nz](http://www.fmc.org.nz)  
NZ Mountain Guides Assn: [www.nzmga.co.nz](http://www.nzmga.co.nz)

# Snowsports

Photographs courtesy of Cardrona Alpine Resort & NZ Snowboard Assn.



For resources and further information contact:

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[www.avalanche.net.nz](http://www.avalanche.net.nz)  
[www.incidentreport.org.nz](http://www.incidentreport.org.nz)



NEW ZEALAND MOUNTAIN SAFETY COUNCIL

## SNOWSPORTS

The weather is glorious, the snow is fresh and the lure of the winter wonderland draws skiers and snowboarders in large numbers.

But beware even the most beautiful mountain weather can deteriorate very rapidly. So make sure you always go prepared for the worst conditions.

Trips to the mountains require planning. The NZ Mountain Safety Council recommends that skiers and snowboarders:

- have appropriate clothing and equipment
- consider their fitness
- keep a check on the weather
- eat well
- practise the snow safety code.

## CLOTHING

If you wear the right clothing you will be more comfortable. Take a jacket (or parka) that will protect you from the wet, the wind and the cold. If you do not have this protection the insulation value of your clothes could be reduced by up to 90%. This significantly increases the risk of developing hypothermia.

### You will need

#### JACKET

#### OVERTROUSERS

#### SOCKS\*

#### HAT\*

**GLOVES OR MITTENS\*** — with waterproof outer shell

**THERMAL UNDERWEAR\*** — top & bottom

**MEDIUM WEIGHT TOP\***

**JERSEY OR FLEECE JACKET\***

**SUNGLASSES OR GOGGLES** — to prevent snow blindness

Don't forget sunblock/lip balm!

\* Select warm garments made of wool, polypropylene or polyesters (fleece)

**LAYERING** — two light layers of clothing are warmer and more versatile than one heavy one.

## EQUIPMENT

Snowboards, skis, boots, bindings and poles should be selected to suit your needs. Check the condition of your gear before skiing/boarding. All essential gear can be hired at the ski area or from ski and board shops.

Helmets are now available from most retailers. It is strongly recommended that snowboarders wear wrist guards. They are usually provided with rental equipment or may be purchased.

Backcountry skiers and snowboarders should always carry avalanche shovels, transceivers and probes, and know how to use them.

## SKILLS AND FITNESS

If you've never been skiing/snowboarding before, take a lesson. Warm up on the lower slopes first and keep within the limits of your fitness and ability.

## WEATHER

The NZ MetService provides:

- MetPhone weather forecasts for mountain areas, daily reports on ski conditions at major ski areas, and the latest AA highway reports.  
0900 999 15 Central North Island  
0900 999 02 Nelson Lakes  
0900 999 26 Canterbury Region  
0900 999 81 Southern Lakes
- Recreational MetFaxes phone 0900 77 999.
- [www.metservice.co.nz](http://www.metservice.co.nz)

When you're on a mountain you need to protect yourself from the elements.

If you become cold on the ski area don't delay; move to shelter and warm up — don't wait until you are shivering. If possible have a warm drink. Remember children tire more easily than adults.

Carry snacks and eat regularly, as skiing and snowboarding are high-energy sports. Your body needs energy to keep warm. It also needs plenty of fluids.

## SKI AREA SNOW REPORTS

Some radio stations have snow reports and also a snow-phone.

For up-to-date information from ski areas on snow conditions, snow cams, and facilities that are operating, check out: [www.snow.co.nz](http://www.snow.co.nz).

## TRANSPORT

Most ski areas run a shuttle service. If you choose to take your own car up the mountain, make sure you have chains, a shovel, and anti-freeze.

## THE SNOW RESPONSIBILITY CODE

- 1. STAY IN CONTROL AT ALL TIMES.**  
Know your ability, start easy, be able to stop and avoid other people.
- 2. PEOPLE BELOW YOU HAVE THE RIGHT OF WAY.**  
The skier or boarder downhill of you has the right of way, also look above before entering a trail.
- 3. OBEY ALL SKI AREA SIGNAGE.**  
Signs are there for your safety, keep out of closed areas.
- 4. LOOK BEFORE YOU LEAP.**  
Scope jumps first, ensure the area is clear of others, use a spotter on blind jumps.
- 5. STOP WHERE YOU CAN BE SEEN.**  
When stopping, try to move to the side of the trail and where you can be seen from above.
- 6. DON'T LOSE WHAT YOU USE.**  
Equipment must be secured while walking or stashing.
- 7. STAY ON SCENE.**  
If you are involved in, or witness, an accident, remain at the scene and identify yourself to Ski Patrol.
- 8. RESPECT GETS RESPECT.**  
From the lift line, to the slopes and through the park.

*Endorsed by the snow sports industry and associated organisations.*