

SKI PATROL / MOUNTAIN SAFETY

12 STEP PROGRAM

12. Start our day by stretching your body and key muscle groups.
11. Keep your boots dry and clean.
10. Keep your gear well tuned, check your bindings and have them set correctly.
9. Always use your PPE on scene. Ski / ride with gloves on, even on those warm days and remember to have an extra set of eye protection in your day pack. Plan for flat light at the end of the day by having the proper color / tinted glasses or goggles.
8. Ski and ride appropriately in the given terrain, conditions and skier volume. Try to avoid skiing / riding with the " pack " and anticipate skier / rider behavior downhill of you.
7. Stop skiing / riding with talking on your radio. This small activity can cause you to become distracted.
6. When lifting, call for assistance and use the buddy system. If you absolutely have to lift an object, use common sense with the size and weight and remember to use your legs and not your back.
5. Use caution when pulling sleds; remember that the space that you now occupy is 14 feet longer than normal.
4. Know how to fall, attempt to roll while falling and do not fight it.
3. You have the authority and responsibility to call a SAFETY TIME OUT if you feel that it's needed.
2. Work vs. Play. You set the example on the hill: you are the face of department and resort. Your actions will reflect a positive or negative impression on our guest and co-workers.
1. Assess your own preparedness and training for the task at hand. Move at a reasonable pace and be aware of your surroundings at all times. Think about your actions and be mindful of the consequences if something goes wrong. When in doubt...ASK!!!!!!!

Number of days we remain accident / loss time free. _____