

# Know The Responsibility Code:

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

Officially endorsed by: NATIONAL SKI AREAS ASSOCIATION; NATIONAL SKI PATROL, PROFESSIONAL SKI INSTRUCTORS OF AMERICA, AND THE AMERICAN ASSOCIATION OF SNOWBOARD INSTRUCTORS.

## Your Responsibility

Know your limits – recognize your ability and endurance levels. Take all precautions to make your trip safe for you and those around you.



## Tips for a Sun Smart



## Day on the Slopes



# High Altitude Awareness

At high altitudes there is less oxygen than at lower altitudes. People coming from lower elevations may experience altitude sickness.

## Symptoms of altitude sickness include:

- \* Headaches
- \* Nausea
- \* Loss of appetite
- \* Insomnia
- \* Coughing
- \* Difficulty breathing when exercising

## To avoid altitude sickness:

- \* Take it easy on your first day
- \* Drink lots of water
- \* Decrease salt, alcohol and caffeine use
- \* Eat lots of carbohydrate-rich foods and avoid fatty foods

If any of these conditions persist or you have concerns about your health, visit the first aid clinic on the mountain. Be aware that high elevation also can exacerbate existing health problems. Talk to your doctor or a medical professional before you vacation.



## Sun Safety on the Mountain

The high altitude and reflective surface of snow on the mountain increases the amount of ultraviolet (UV) radiation. Protect your skin and eyes by always wearing:

- \* Sunscreen with an SPF 15 or greater
- \* Lip balm with an SPF 15 or greater
- \* A hat or a helmet
- \* Sunglasses or goggles

Make the most of your vacation! Go Sun Smart!

## What to Wear

Dress in layers so you will be prepared for changing weather conditions. Cover your skin, even during warm, spring weather conditions.

## Ideal Base Layers

- \* Long underwear, preferably polypropylene, polyester, or wool/polyester blend
- \* Avoid wearing base layers made of cotton; it retains moisture and will not keep you as warm
- \* A turtleneck or long sleeve shirt, then a sweater or fleece
- \* Ski or snowboarding socks that are thin and made of wool or polyester

## Ideal Outer Layers

- \* Jacket and pants that are warm, water resistant and comfortable
- \* Gloves or mittens (mittens are warmer)
- \* A hat or helmet that covers your ears
- \* Sunglasses or goggles

Always remember to put sunscreen on all areas of exposed skin. Don't forget your ears and neck!