

## Toolbox Meetings: Reducing Skiing & Snowboarding Injuries

### Meeting 2 - Specific Discussion for Snow sports School and Patrol Staff

**Who to attend:** Snow sports School Staff and Patrol (recommended each department meets separately to discuss matters specific to their duties).

#### Discussion Leader Tools:

- This discussion should follow Meeting 1 - Overview of Skiing and Snowboarding Injury Reduction
- Print [Meeting Record](#) and ensure every employee is logged and that the completed record is stored so it can be accessed again if needed.
- [Ski Area Safety Talk: Reducing Skiing & Snowboarding Injuries](#) Part 2 (page 2 only). Print or distribute a copy to all staff in attendance. A word document is available of this Safety Talk, and Ski Areas are encouraged to update the Safety Talk based on the needs and concerns of their area.
- If available, use a **computer and projector** to share a video!
- **Know your stats** - find out how many staff were injured skiing and snowboarding so far this season.

#### Sample Meeting Plan:

- Ensure all **staff sign in** on Meeting Record & distribute the Safety Talk (page 2) to all staff.
- Discussion leader to **introduce the topic**
  - Present the facts - how many patrol or snow school instructors have been injured this season. How did the injuries occur? What could have prevented the injury?
- **Tips Round table** - engage the team in reviewing the tips to reduce injuries, specific to your department (Snow School or Patrol). They could read off items from the Safety Talk sheet (Part 2), and/or add their own thoughts.
- **Share a Video:** 3 options (if AV is available)
  - [CWSAA Snow sports injury reduction](#) – filmed in 2019, this video shares important reminders from snow school, patrol and lift operations on injury reduction while skiing. 2:35
  - [Mike Shaw](#) - A Ski Coach injured while demonstrating a jump. This 2018 video from WorkSafeBC focuses on a real ski employee injury and the "Listen to your Gut" message. 3:47
  - [Josh Dueck](#) - 2007 WorkSafeBC video on the accident that paralyzed Josh Dueck. 6:47
- Team Discussion
  - Discuss the attitude of “it won’t happen to me.” Remind employees that an injury can and will happen if they take shortcuts or are careless. Importance of Listening to your Gut!
  - Are you doing morning warm-up sessions? Pre-season conditioning?
  - Quick/healthy/easy meal and snack ideas to provide energy!
- Discussion leader closing comments
  - Staff must report any safety concerns, incidents or near misses. Review procedures for reporting incidents - staff must report to Ski Area First Aid.
  - Don't get injured because you are not **Fit for Duty!** There are alternate duties available - if you are not well enough for skiing (ie minor strain, exhaustion etc) you should advise your supervisor and if you are fit for alternate duties, one will be assigned.