

# SKI AREA SAFETY TALK

## Toolbox Meetings: Reducing Skiing & Snowboarding Injuries

### Meeting 3 - Knee Injury Prevention

**Who to attend:** Snow sports School Staff, Patrol & Lift Ops

#### Discussion Leader Tools:

- This discussion should follow Meeting 1 - Overview of Skiing and Snowboarding Injury Reduction (and Meeting 2 is recommended for many).
- 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 Knee Injuries](#). 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.
- Considering **bringing in an expert** - someone capable of speaking about knees and sports injuries (perhaps someone from your Patrol team, or a local physiotherapist).
- **Know your stats** - find out how many knee injuries occurred with staff so far this season.

#### Sample Meeting Plan:

- Ensure all **staff sign in** on Meeting Record & distribute the Safety Talk to all staff.
- Discussion leader to **introduce the topic**
  - Present the facts - how many knee injuries have occurred this season. How did the injuries occur & types (MCL, ACL)? What could have prevented the injury?
- Invite Specialist to present the **specifics of knee injuries** - types of injuries, how they can occur (specifically related to skiing and snowboarding), and prevention tips.
- **Team Discussion**
- **Activity** - Review proper ski stance (particularly for lift ops and patrol), practice some specific exercises that build good core, hip and leg strength.

Additional Safety Meetings could be held with the aim of reducing skiing and snowboarding injuries that expand further into warm-ups, conditioning and nutrition to support the wellness of staff.

*Pictured Right: The team at Panorama offer regular yoga classes. [Read More.](#)*



#### More Resources:

- [SkiRad](#) –Ski exercises. An app can also be downloaded from the app store.
- [Fit for Snow](#) – Health & Wellness program for the ski industry.
- WorkSafe BC – [Helmets OHS Guidelines G8.11 \(2\)-2.](#)
- More Ski Area Safety Resources: [go2hr.ca/skisafety](http://go2hr.ca/skisafety)