

Tips for snow-sport lovers



When planning your skiing/snowboarding/tobogganing holiday, **preparation** can help maximise your trip.

It is a great idea to introduce a specific fitness campaign 6 weeks prior to your trip,

focusing on increasing quad strength as well as a general fitness campaign so you will be able to spend as much time as you can on the slopes.

This can include versaclimber work, cycling, shuttle work and running. Ski machines within the gym and a tailored weights program for your lower body would also greatly assist you. Core stability work, including Pilates, yoga, and stretching will assist your balance for all those clever manoeuvres on the snowfields or simply just to stay up on your feet!

Preparing yourself as best you can will help you prevent some of the common snow skiing injuries listed below;

- Soft tissue injuries and bruising from collisions or a lack of warm up and stretching prior to the start of your session (use RICER if you sustain a soft tissue injury)
- Sore and tired muscles (baths and post exercise stretching is a good idea), especially the buttocks, thighs etc
- Major and minor knee injuries, including, sprains, cartilage tears through to knee reconstructions
- Ankle injuries, from basic grade 1 sprains through to grade 2 and 3 tears
- Rotator cuff injuries, ie, shoulder injuries, including tears of ligaments and rotator cuff
- Skiers thumb (sprain or avulsion fracture)
- Spinal injuries (more so from tobogganing)
- Also, concussion, whiplash, bloody noses and head injuries etc

Your preparation and prevention work will go a long way to assisting and minimising your chances of injury. There will always be the unpredictable dangers, for example in Canada where an adventurous snow lover ventured outside of the designated ski slopes and was reported to have been stalked and killed by a Cougar. Thank goodness they don't live here!

Although we have focused on the fitness side of your preparation it is also important to look after your overall health to avoid colds/flu's/bronchitis so eating and sleeping well before your trip and a dose of vitamin C would not go astray.

Helmets are also strongly encouraged today, and avoid excess alcohol consumption and keep your water intake up.

Tips for snow sport goers

- Dress appropriately and have proper equipment (helmets, wrist guards)
- Organise lessons (if needed)
- Increase quad strength (eg ski machines in gyms or weights)
- Always wear wrist guards when snowboarding
- Improve general fitness prior to a ski trip using a combination of Pilates, stretching, yoga and core stability work
- Review and abide by the mountain code which is available at all the resorts Australia wide and Internationally

Enjoy your next skiing/snowboarding/ tobogganing holiday and make it an exhilarating, safe and complete experience.



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