



AUSTRALIAN
SKI PATROL
ASSOCIATION



A GUIDE TO SAFETY in Alpine Areas

www.snowsafes.org.au
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INTRODUCTION

The alpine environment is a beautiful destination for winter or summer holidays and a venue for many challenging and exciting activities including skiing and bushwalking. The Alps however, can be hazardous if visitors are careless or irresponsible.

This SnowSafe booklet has been published to provide essential information on how to enjoy the Alps in safety and comfort. Planning and preparation are the keys to having a safe and enjoyable alpine experience and these concepts are reinforced throughout this booklet.

Snow Safety Inc, Australian Ski Patrol Association, and the Australian Ski Areas Association have worked together to produce this alpine safety literature to make it easier for visitors to the snow. To contact your favourite alpine resort see resort contacts on pages 28-31, or visit: www.snowsafesafe.org.au, www.skipatrol.org.au or www.asaa.org.au

The information provided in this SnowSafe booklet serves as a guide only and does not guarantee the prevention of any loss, damage, injury or other adverse outcome occurring whilst in the alpine regions.

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Some basic rules (explained and set out more fully throughout this booklet) when going to the alpine region, even on the shortest trips are:

- Plan your trip fully;
- Know the signs of hypothermia;
- Get fit to go skiing or boarding;
- Let someone know before you go;
- Wear appropriate clothing;
- Take care of your equipment;
- Regularly check weather & snow conditions;
- Ski or ride within your capabilities;
- If lost, stop, seek shelter and wait;
- Eat appropriate food before & during snow recreation & bushwalking activities;
- Take lessons;
- Drive cautiously, particularly in the snow;
- Watch for weather changes;
- Take extra care with children;
- Never ski or board alone – particularly in remote areas;
- Never remove your skis or board when conditions are icy, particularly on steep slopes;
- Take care of the environment.

BE SAFETY CONSCIOUS!

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BASIC CONCEPTS OF SNOW SAFETY

The following information is essential and relevant to all visitors to alpine areas, regardless of the length of the visit or the type of alpine activity:

- Planning;
- Driving on alpine roads;
- Clothing;
- Skin and eye protection;
- Helmets;
- Food;
- Trip intentions;
- Pre-season fitness;
- Children;
- Tobogganing;
- Equipment;
- Ski and snowboarding school;
- Environment care;
- Equipment security.

PLANNING

Even on the shortest visit to the snow it is important to be prepared for and aware of the nature of the alpine environment.

When planning your trip to the alps select a resort or area which caters for you and your group's needs as facilities, experiences and opportunities vary widely between resorts and various parts of the Alpine National Parks.

When planning it is important to prepare your vehicle for a trip to the snow, organise your clothing and equipment.

Snow sport is more enjoyable if you improve your fitness and organise lessons.

Once there, take special care with children.

Arrange to leave details of your trip with a responsible contact, for example a parent or teacher.

Generally, the better the planning the better the outcome, more fun and less hassles.

DRIVING

Like skiing or boarding, driving in snow and ice conditions is an acquired skill. Extreme care is required when driving on alpine roads in winter. Please turn to pages 22 - 24 for more details.

CLOTHING

Most of us like to picture ourselves enjoying the alps in sunshine and we do have our share of sunny days in Australia. However, alpine weather is unpredictable and a fine sunny day can quickly deteriorate into cold, wet, high wind or blizzard conditions. Your clothing, therefore, must be versatile and you should have ready access to protective clothing.

Clothing can be divided into two layers:

- The inner, insulating layers;
- The outer, windproof and waterproof layer.

Insulating Layers:

In cold weather these are the most important layers. Several thin layers that trap air and are made of material that will stay warm, even when wet, are better than a couple of thick bulky layers. The number of insulating layers you wear depends on the weather and the activity you are participating in. Wearing thermal underwear will also help insulate against the cold. Wool is a good natural fibre but manufactured fibres such as polypropylene and fibre pile are even more effective. Wherever there is a reference to wool, these new fibres will do just as well or better. A cotton skivvy or undergarment performs poorly in cold and wet conditions even when covered by a thick woollen sweater.

Outer Layer:

Staying dry and reducing the effects of wind chill are important, therefore your jacket and overpants should be waterproof and windproof. The outer layer also helps to insulate by trapping warm air next to the body. If you don't have your own windproof and waterproof outer clothing you can hire them from most ski hire outlets.

It is important to wear a woollen hat as significant amounts of body heat is lost from the head. Woollen socks and gloves or mittens should also be worn. On wet days, large rubber dishwashing gloves over woollen gloves help to keep hands warm and dry.

Never wear jeans or cotton/vinyl gloves as these do not give adequate protection against wind, rain or snow.



SKIN AND EYE PROTECTION

Sunburn can be a serious problem, even on cloudy days. In addition to protective clothing, always use a good sunscreen with a high SPF (sun protection factor) to protect skin exposed to direct or reflected sunlight. To protect your eyes from the glare off the snow (which can lead to 'snow blindness') the use of high quality sunglasses or goggles is essential. On sunny days if you are not wearing a helmet, a peaked or wide brimmed hat is advisable.

If you are dependent on spectacles, carry a spare pair, in case you lose or damage your glasses while you are in the alps.

APPROPRIATE FOOTWEAR

Alpine conditions create snow and ice often making walking difficult and slippery. It is essential to wear appropriate footwear with soles having substantial grip.

HELMETS

Helmets may make a difference in reducing or preventing head injuries. Many skiers and snowboarders are choosing to wear them. However, helmets do have limits and users need to be aware that wearing a helmet does not eliminate the risk of head injury. In addition to offering an added degree of protection, snow sports helmets are now designed to be lightweight, comfortable, warm & fashionable.

Snow sports helmets are insulated for cold weather and provide better coverage and impact protection than other sports helmets, such as bicycle helmets. Be sure that the helmet you choose meets current recognised snow sport helmet design standards.

There is no substitute for responsible behaviour on the slopes. Adhere to the Alpine Responsibility Code and consider wearing a helmet. It's a smart idea. For more information, contact a ski area, visit a helmet manufacturer's website or go to **www.skipatrol.org.au**, **www.lidsonkids.org** or **www.asaa.org.au**

FOOD

Food provides energy for movement and for maintaining your body temperature.

The risk of hypoglycaemia (low blood sugar level), particularly in young women, can be reduced by having good meals, maintaining fluid intake and stopping to rest when tired:

- Don't skip breakfast – it's the most important meal of the day;
- Eat a little more than normal. Eat often;
- Carry high energy foods which can be eaten with little or no preparation (fresh or dried fruit and muesli bars are good examples);
- Intake of liquids, sweet if possible, should be high. It is a good idea to have at least a cup of fluid every hour as a minimum, even if it is only water;
- Popular high energy foods include nuts, chocolate bars, hot drinks and soups, cheese, raisins and sultanas;
- Do not consume alcohol before or during skiing or boarding. Not only does it reduce your coordination, it significantly increases your risk of injury or hypothermia.

TRIP INTENTIONS

**Let someone know before you go.
Check-in when you return.**

Leave a written record (see Trip Intention Forms page 25) of your trip plans with a reliable person so that person can notify the appropriate authorities without delay if you fail to return when expected.

This information should include:

- Names, addresses and phone numbers of all in the party;
- Details of planned trip, departure date and time, estimated place & time of arrival;
- Location, make and registration of vehicle/s used.

The reliable person should be a friend, a relative at home or a member of your lodge.

In addition, if an Intentions Book is provided where you start your trip, please use it – even on the shortest trips.

Trip Intention Forms are widely available from resort administration offices and police stations. Examples of this form are provided inside this booklet or can be downloaded from **www.snowsaf.org.au**, **www.skipatrol.org.au** or **www.skisaf.org.au** and printed out.



PRE-SEASON FITNESS

It is strongly recommended that those going to the alps prepare themselves well in advance for their activity by participating in some form of pre-season fitness program to get fit to go skiing or boarding.

Skiing/boarding are high aerobic activities and require flexibility, strength, endurance, speed and quick reflexes. A pre-season fitness program will enhance your physical condition in these areas. By being fitter you will be able to ski/board longer, harder and better on the more difficult slopes and trails. You will also lessen the chance of injury to yourself and other skiers/boarders.

In any fitness program, the following points are vital:

- Start your training well before the ski season or your trip;
- Training sessions must be regular and frequent – at least three times per week;
- Always warm up before an exercise session.

Children, as well as adults, will benefit from a pre-season fitness program.



CHILDREN

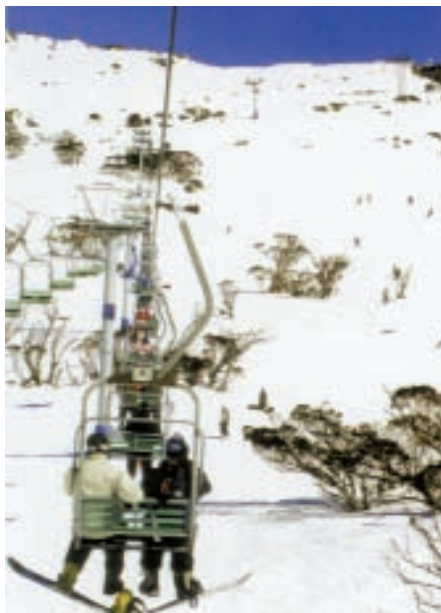
A child's needs for learning and equipment requirements are different to those of an adult. Skis, boards, boots and bindings can be bought new or second hand but should be specifically made for children, not adapted for them. Equipment should be properly fitted by a reputable ski shop where the proper ski binding settings can be adjusted.

Warm, protective clothing and head gear (ie: a helmet) should always be worn by children. The rules regarding layers and materials referred to earlier apply even more so to children. A child in lots of layers of cotton will always remain cold.

Young children should be in the care of an adult rather than an older child. If you are not skiing/boarding together, be sure they know where they can find you. Having a name tag in an obvious place (with ski lodge or home address and contact phone number) can help the Ski Patrol locate you should your child be lost or injured.

Most ski and board riding schools now provide special classes for young children. This is a great way for them to learn to ski or board. They are taught by instructors who are trained to teach children and they learn to ski or board with people their own age. As they become more experienced they can become involved in the more advanced programs available at most mountains.

Children should not be piggy-backed in child carriers while skiing or boarding as there is an increased risk of hypothermia and frost bite to the child. There is also an increased risk of injury to both the skier/boarder and the child if the skier/boarder falls. Child backpacks are prohibited at some alpine resorts.



SKI AND BOARDING SCHOOL

Most ski resorts offer complete ski and board riding school facilities at all levels for alpine (downhill), cross-country skiing and snowboarding. Unfortunately, many skiers and boarders regard ski/board riding instruction as dull and slow. Nothing could be further from the truth. Today, the trained professional ski/ board riding instructors want you to have fun, to enjoy the sport and to progress with the quickest and easiest methods available.

Factors to consider:

- Statistics prove that the more experienced skiers/boarders have less accidents and the best way to gain that experience is to take lessons;
- In any professional ski and board riding school instruction, training and coaching always progresses from the level the student has already attained;
- Your general enjoyment of the sport is often directly related to your ability to handle the different types of terrain and snow conditions available - the fewer restrictions you have in this regard usually means the more fun you have - taking more lessons will allow you to handle powder snow, ice, bumps, steeper terrain, breakable crust, corn snow and narrow trails as well as packed, smoother terrain;
- If you are alone and in an unfamiliar ski area, class lessons will give you the opportunity for fun and social contact as well as the learning experience;
- Take lessons from a trained professional rather than friends, no matter how well you feel your friend skis/boards;
- Whether you take private or class lessons, let your instructor know why you are taking the lesson, how many lessons you plan to take, and what you would like to improve;
- When a lesson is over ask your instructor to direct you to the most suitable runs.

TOBOGGANING

Tobogganing in specially prepared areas is one way of enjoying the snow. The Australian Ski Patrol Association and the Australian Ski Areas Association advises visitors to the snow not to ride toboggans. They cannot be steered to stop. They are responsible for some of the worst injuries in snow recreation. Tobogganing can be dangerous and great care should be taken:

- At resorts, toboggan in designated areas only;
- Do not use toboggans away from specifically designed areas;
- There should always be a clear, safe runout at the bottom;
- Only one person should ride at a time;
- **Do not** use car tyres or plastic bags, which can cause serious injury;
- **Do not** have more than one person in a toboggan at any one time;
- **Do not** make toboggan 'trains' where people link themselves to other toboggans;
- **Do not** toboggan in areas near rocks and trees.



EQUIPMENT

Always check your equipment before using it. Prior to the snow season have your equipment serviced and checked.

There are special equipment requirements for each of the different activities, ie: alpine skiing, cross-country skiing, ski touring and snowboarding. Please refer to the relevant section in this book or contact your local ski retailer for further information on equipment.

Ski and boarding equipment is also available for hire from most ski/board outlets and specialist hire stores.



ENVIRONMENT CARE

In an endeavour to protect the resort areas, the resorts undertake feral animal control and weed control to protect our native fauna and flora.

Our native alpine fauna are very vulnerable to predators such as cats and foxes and have no natural defences to attacks by these introduced species.

Similarly, the alpine resorts aim to rid the reserves of weeds such as English Broom, Lupins, Pattersons Curse, Blackberries and even cultivated species such as domestic apple. So keep your eyes open during summer or winter rambles and take your apple cores home with you.

If, during summer or winter, you see cats, foxes, straying cattle or weeds, notify the resort office, or National Parks and Wildlife.

The alpine environment is fragile. Please treat it with care and respect, so that others may enjoy it after you.

EQUIPMENT SECURITY

Common sense and care will reduce the risk of loss or theft:

- Know where to locate your skis/board at all time;
- Use a combination lock;
- Never leave your skis or board on a roof rack without locking them to the rack;
- Mark all clothing;
- Leave skis/board in a 'ski minder' if one is available;
- Separate your skis or split them with someone else.

If loss or theft occurs contact the police or resort staff immediately, giving them a full description of all items. ie: make, model and any distinguishing marks.

Operation Identification:

This program is aimed at theft prevention and involves marking your equipment for easy identification (we suggest your drivers license number, with state prefix). Thieves are reluctant to take these marked items as they can be associated with the theft and are traceable. Properly marked equipment can also be returned when found.

Contact your local police station for more information about this program.

For information regarding recommended ski insurance and security contact Skiing Australia on (03) 9614 2644.

KNOW YOUR ALPINE RESPONSIBILITY CODE

Regardless of how you enjoy your snow sport, always show courtesy to others. Be aware that there are inherent risks in all snow recreational activities that common sense and personal awareness can reduce. These risks include rapid changes in weather, visibility and surface conditions, collisions with other people, and natural and artificial hazards such as rocks, trees, stumps, bare spots, vehicles, lift towers, snow fences and snow making equipment.



FAILURE TO OBSERVE THE ALPINE RESPONSIBILITY CODE MAY RESULT IN CANCELLATION OF YOUR TICKET BY THE SKI PATROL OR OTHER AUTHORISED PERSONNEL.



Alpine Responsibility Code

1. Know your ability and always stay in control and be able to stop and avoid other people and objects. It is your responsibility to stay in control on the ground and in the air.
2. Take lessons from qualified professional instructors, to learn and progress.
3. As you proceed downhill or overtake another person, you must avoid the people below and beside you - they have right of way.
4. Do not stop where you obstruct a trail or run or are not visible from above.
5. When entering a trail or run or starting downhill, look uphill and give way to others - they also have right of way.
6. When riding chairlifts always use the restraining devices. Always use suitable restraints to avoid runaway skiing/boarding equipment. Ensure your equipment is in good condition.
7. Observe and obey all signs and warnings. Keep off closed trails or runs and out of closed areas.
8. Before using any lift you must have the knowledge and ability to load, ride and unload safely.
9. Do not ski, snowboard, ride a lift or undertake any other alpine activity if your ability is impaired by drugs or alcohol.
10. If you are involved in, or witness an accident, alert Ski Patrol, remain at the scene and identify yourself to the Ski Patrol.

Know the Code. It's Your Responsibility.

Failure to observe the Alpine Responsibility Code may result in cancellation of your ticket by the Ski Patrol or other authorised personnel.

'RESPECT GETS RESPECT'

**FROM THE LIFT LINE, TO THE SLOPES,
THROUGH THE PARK AND THE RESORT.**

**KNOW AND
OBSERVE THE CODE
- IT'S YOUR RESPONSIBILITY.**



HYPOTHERMIA

Hypothermia is a lowering of the body's core temperature, which can result in death, and can occur as a result of:

- Accidental immersion in cold water;
- Inadequate protection from the cold environment, especially when combined with altitude, wind, moisture and physical exhaustion;
- Immobilisation and exposure to cold, especially in the unconscious, the elderly, young children and the injured.

PREVENTION

Hypothermia is easy to prevent. When it occurs it is usually from lack of preventive action rather than unavoidable circumstances.

These simple measures will prevent the likelihood of hypothermia:

- Adequate protection from cold, wind and moisture;
- Regular intake of food and non-alcoholic drinks;
- Sound planning, training and experienced leadership.

RECOGNITION

The initial signs of hypothermia may be vague. The victim may: lag behind; complain of being cold; display difficulty using hands to perform simple manipulative tasks such as zipping up a storm proof jacket; exhibit mental confusion, poor judgement or uncharacteristic behaviour; and/or refuse to recognise his or her predicament. As body temperature falls, mental and physical performance drops.

One or more of the following signs should alert others to the onset of hypothermia:

- Stumbling;
- Careless about protecting against the cold;
- Shivering;
- Unusual or irrational behaviour;
- Poor judgement;
- Displays apathy, ie lacks interest;
- Exhaustion;
- Slurred speech;
- The person will feel cold to touch and is usually pale.

The basic principles of first aid and resuscitation apply, plus additional specific measures to stop further body cooling. If any member of the party develops the signs of hypothermia:

TREATMENT

- Stop immediately;
- Protect victim from wind and moisture – find or improvise shelter;
- Put on extra layers of clothing, remembering to cover the head and put on wind/water proof jacket and overpants;
- Insulate the body from the snow, especially the head;
- Prevent further heat loss by covering the casualty with any available waterproof material;
- Huddle together;
- Give easily digested food and drink, warm if possible;
- Ensure all party members put on extra clothing, including head cover;
- Send for medical assistance.

PRECAUTIONS

- Know how to recognise the signs of hypothermia;
- Stop immediately if hypothermia is apparent and seek shelter;
- Stay dry;
- Eat appropriate energy food such as fruit or warm sweet fluids, if available;
- Wear appropriate clothing;
- Drink regularly;
- Always carry a large plastic bin liner bag in your daypack;
- Beware of wind.

The natural tendency to 'press on' must be avoided.

This applies to groups as well as individuals. Regrouping on the spot and commencement of treatment is more important than panic evacuation from the area.

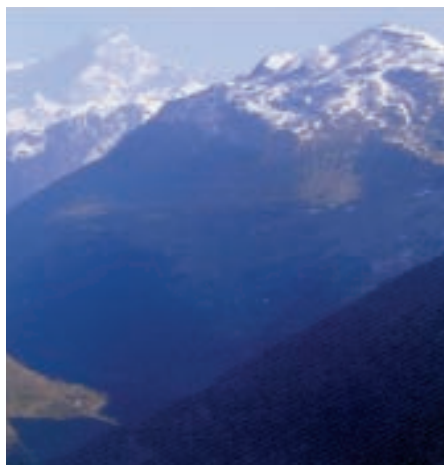


TREATING A CONSCIOUS PERSON WITH HYPOTHERMIA

- Carefully lay the casualty down;
- Protect from the cold environment and prevent any further heat loss by placing insulating material under the person - use packs, jackets, mats, bags - whatever you can find;
- If a large plastic bin liner or garbage bag is available place the victim feet first into the bag, ensuring that the body and neck are enclosed, arms and hands should not be covered by the bag (the patient may have to be placed in the coma position);
- Do not cover the head or face with the bag;
- Cover with a blanket or sleeping bag and ensure the head and neck are covered with a beanie, jumper or fibre pile jacket, leaving the mouth, nose and eyes visible.

IMPORTANT PRECAUTIONS

- Do not give alcohol, cigarettes, strong coffee, or tea;
- Do not attempt to stimulate the peripheral circulation by rubbing or massaging the extremities;
- Do not expose the patient to hot air or direct radiant heat from a fire. The application of external heat could worsen the person's condition.



TREATING AN UNCONSCIOUS PERSON WITH HYPOTHERMIA

- An unconscious person must be handled with extreme care;
- Minimise unnecessary movement;
- Do not give any food or drink to an unconscious person;
- Signs of life may be minimal but continue treatment until help arrives;
- Provide the normal care of airway, breathing and circulation;
- With the person in the lateral or coma position, prevent further heat loss by insulating, and protecting from the cold environment;
- If adequate insulation and a warm shelter are available, gently remove the outer wet layers (it may be necessary to cut clothing to aid removal), dry off, replace with layers of dry clothing and insulate;
- If shelter is not ideal, leave wet clothing on, add extra layers of clothing over the existing wet ones and cover with any available waterproof material. Wrap victim in a sleeping bag or blanket to prevent further heat loss. If a plastic bin liner bag is available, use it as previously described;
- If medical care is not available, the rescuer should ensure extra body warmth is provided by placing a companion on either side and close to the person. Ensure all are insulated from the ground, preferably in sleeping bags. Use caution in applying external chemical heat sources or hot water bottles, never apply these directly to the skin.

Seek medical assistance immediately, providing you are not endangering yourself or other party members.



CROSS COUNTRY SKIING

Some resorts cater solely for cross-country skiers and most ski resorts offer a range of cross-country trails close to and within their resort boundaries.

Most resorts offer trails at different standards. Ski only those trails suitable to your standard. Take ski lessons and ski within your capabilities. Do not underestimate the time required to complete a trail or circuit and return to your car.

Cross-country skiing is a pleasant way to enjoy the alpine environment, but as with all alpine activities, you must plan ahead and prepare for your cross-country ski outing. When cross-country skiing you should always have the following with you:

- Plastic ground sheet or thermal blanket;
- High energy foods such as chocolate, nuts, dried fruits or barley sugar;
- Fruit juice or water;
- Whistle (you can blow a whistle for hours, you can only yell for help for about 20 minutes);
- Compass;
- Map;
- Emergency windproof, waterproof and warm clothing;
- Waterproof matches or a cigarette lighter.



The equipment used in cross-country skiing is generally lightweight and is not suitable for use anywhere other than on groomed tracks.

Most ski hire outlets have a range of cross-country skis but it is recommended that you call ahead to confirm that you will be able to hire cross-country skis at your destination, especially if you are in a large group.



ALPINE SKIING

Alpine skiing is sometimes called downhill skiing.

When planning your alpine ski trip, select an alpine ski resort which caters for your needs. Each of the ski resorts offers a variety of facilities and ski runs, from beginner to advanced. Each of the resorts also operates an information service. Visit the resort web sites to make a comparison between price, size, terrain and facilities.

EQUIPMENT & CLOTHING

Alpine ski clothing and equipment is specialised. Before purchasing equipment and clothing, ensure that they are suitable to your skiing needs. Consult your local professional ski retailer who can advise you on the best equipment to meet your requirements. If possible, hire the same equipment before purchasing.

If you have your own equipment, always have it checked and serviced regularly by a reputable ski or board technician before riding lifts.

LIFT RIDING

There are two types of lifts: chairlifts and surface or drag lifts, ie: pomas and T-bars. If you are unsure how to use these lifts ask the lift attendant. Swinging or bouncing on the lift is dangerous. Always unload smoothly and ski or slide away from the unloading area. Always use the safety bar on chairs. Never drop litter from lifts (or anywhere else).

If the chairlift breaks down while you are on it, don't jump off but wait for the lift attendants to evacuate you safely, with assistance from the Ski Patrol.

- Don't remove skis on icy slopes;
- If lost stay where you are;
- Be alert on ski lifts;
- Take ski lessons;
- Bindings must be fitted with retention devices;
- Always ski in control.






SKIING & BOARDING

In Australia, most on-slope accidents occur on sunny days when the slopes and trails are more crowded and people ski and ride faster. You can reduce the risk of injury by:

- Skiing & riding in control;
- Watching for other skiers and boarders, and;
- Staying on slopes and trails that are within your ability.

Most resorts have standardised trail markers (see below) which are colour coded to indicate the degree of difficulty. Free maps of runs and trails are also available from resort information offices.

			
EASIEST	MORE DIFFICULT	MOST DIFFICULT	CLOSED

Be careful in the morning and the late afternoon as the snow may be frozen. Do not assume that you will be able to ski or ride as well as you could the previous afternoon and always adjust your skiing and riding to the conditions.



SNOWBOARDING

Snowboards can be ridden on most slopes in any snow conditions. However, resorts are still monitoring the sport and, although accepted, restrictions may be placed upon snowboarders if resort rules are not observed. Almost all alpine resorts in Australia allow snowboarding, although some have restrictions so check with the resort authorities before buying a lift ticket.

The snowboard riders associations strongly recommend that any person trying snowboarding for the first time should do so under the supervision of an experienced snowboard instructor. Not only will this speed up your learning of the sport but it will give you a good idea of which areas are suited to your skill level.

Do not try to ride on a slope that is beyond your ability as you will endanger yourself and other snow area users.

EQUIPMENT

Snowboards can be hired both on and off the mountain and are fitted with either plate or high back bindings.

Whilst clothing requirements for snowboarding are basically the same for alpine skiing, special boots and gloves are worn. Wrist guards are essential. Helmets should also be worn by children, novices and experienced riders.



BOOTS

A wide range of boots can be used when riding a snowboard. The type will depend on the style of bindings fitted to the board. With high back bindings any warm waterproof boots with a moderate degree of firmness can be used. Boards with plate bindings require specially designed boots.

GLOVES & WRIST GUARDS

When snowboarding, the hands often come in contact with the snow, therefore your gloves should be waterproof and of a sturdy construction.

To reduce the risk of wrist injuries, it is strongly recommended that snowboarders wear wrist guards. This is particularly important for children and novices.

RETENTION DEVICES

Retention devices should be used at all times, even when the snowboard is not being used. When the snowboard is not in use, lay it down on its side and ensure that the leg strap is attached to a pole so that the board cannot run away if knocked or caught by the wind.

ICE HAZARDS

Icy conditions are particularly hazardous for snowboarders. Novice snowboarders should avoid boarding in icy conditions.



SKI TOURING AND BUSH WALKING

- Plan your trip carefully;
- Check all of your personal and group equipment;
- Let someone know before you go;
- Take mobile phone and emergency numbers;
- If lost, stay where you are;
- Always carry emergency rations and equipment;
- Never ski or walk alone;
- Always carry wind and waterproof clothing;
- Never wear jeans;
- Always carry at least one litre of water;
- For maximum comfort a rucksack should be personally fitted;
- Wear a wide brimmed hat and sun cream;
- Carry out all rubbish;
- Take care of the environment;
- Observe fire lighting regulations.

Ski touring and bushwalking are great ways of enjoying the alps all year round. Whether you plan a day trip or extended ski tour or bushwalk, the following information will help ensure a safe and enjoyable experience.



PLANNING

Planning is important and the following measures should be taken:

- Improve fitness;
- Obtain maps and information about the area;
- Organise and check equipment;
- Prepare for all weather conditions and devise emergency plans;
- Let someone know before you go.
(See Trip Intentions Form in this book.)

EQUIPMENT

Each party member should carry a survival kit even on short trips in summer or winter.

This kit should include:

- Sunscreen;
- Mobile phones (warning on black spots);
- Matches in a waterproof container and or a cigarette lighter;
- Map, compass and whistle;
- Space blanket or large plastic bag;
- Plenty of food and drink for your trip;
- 6 - 10 metres of 2 - 3mm cord;
- A roomy day pack or rucksack;
- Filled water bottle.

Group equipment, even on the shortest trip, should include:

- Tent or emergency shelter;
- First Aid kit;
- Stove, fuel and billy;
- Repair kit.

SNOW CAMPING

Consult your local ski or outdoors shop for advice on the correct equipment for your personal requirements.

WEATHER

Alpine weather can be wonderful but changeable. Snow falls have been recorded in all months of the year.

Study the latest forecasts but keep a close watch on weather as well and seek shelter immediately if an approaching storm or change is observed.

WEATHER FORECASTS:

1902 240 523 (VIC)

1902 926 102 (NSW)

1900 955 364 (Tas)

MOBILE PHONES SAVE LIVES



CLOTHING

The right clothing ensures your comfort and therefore your enjoyment of any ski tour or bushwalk.

Cotton or nylon clothing is not suitable for snow conditions as these materials are poor insulators when wet. Do not wear jeans.

What to wear or carry:

- Clothing made of wool or synthetic fibres that have insulating properties similar to wool such as fibre pile;
- A number of layers of thin clothing, rather than a few layers of thick clothing;
- Woollen beanie, gloves or mittens;
- Warm underclothing, ie polypropylene thermals;
- Warm outer clothing, eg: woollen jumpers, Woollen trousers;
- Woollen socks;
- Waterproof overmitts and overpants;
- Footwear with soles having substantial grip. Goggles or sunglasses;
- Gaiters;
- Long waterproof and windproof jacket;
- Spare clothing if over-nighting.

Before you buy clothing, seek expert advice and remember showerproof is not waterproof.

FOOD

Food provides energy for movement and maintaining your body temperature:

- Don't skip breakfast;
- Eat a little more than normal;
- Eat often;
- Carry some foods which can be eaten with little or no preparation.

Popular high energy foods for a day tour include:

- Bread or dried biscuits;
- Cheese;
- Peanut butter, honey;
- Raisins, sultanas;
- Nuts;
- Chocolate;
- Hot drinks or soup.



Some further important points to consider when going alpine bushwalking or visiting the alps in the summer:

- Bushwalking causes high moisture loss which needs to be replaced by frequent drinks;
- Always carry at least one litre of drink as water is often not available when you want it;
- Portable fuel stoves are less harmful to the environment and more efficient than fires. If you do use a fire, observe fire lighting regulations, keep it small, use only dead wood and make sure it is out before leaving;
- Always carry windproof and waterproof outer layers of clothing and be prepared should you need to put on additional insulating layers of clothing;
- Watch alpine weather carefully. Weather conditions can change very quickly;
- Do not overestimate your group's ability to make its destination well before night fall;
- There are many huts across the alps but always carry a tent as the huts may be being used by others;
- Respect our heritage;
- When building a snow shelter, especially a snow cave, keep entrance clear to prevent suffocation.

EMERGENCIES

These are usually the result of poor planning and/or foolhardy behaviour. If you do find yourself in difficulties stop and think.

If lost:

- Identify your last confirmed position and estimate your present location;
- Believe your compass. It is more likely to be right than your unaided sense of direction;
- Decide if you will proceed or if you will camp or bivouac;
- If your party is still strong and you can set a course which must bring you to a known position in a reasonable time, then you could proceed;
- If any party member is fatigued or you are not sure of your ability to navigate to known country, then camp or bivouac and await assistance.

IF YOU DECIDE TO BIVOUAC (MAKE A TEMPORARY CAMP):

- Select a site out of the wind, use trees, logs or rocks as wind breaks;
- Build the best shelter you can. Dig into the snow at the base of a tree or rocks. Use skis, poles and branches to roof the shelter before covering it with snow. Do not get wet in the process. If necessary, remove some clothing or gloves to keep them dry while building your shelter;
- Make your location visible to searchers, ie stand a pair of skis crossed in the snow and attach a bright object to them;
- In the shelter, insulate yourself from the snow with branches, skis, poles or packs;
- If you can, light a fire on a platform of small logs. Aim to stay dry and huddle together for warmth;
- Wait for assistance to come to you.

Knowledge of your own capabilities is the next most important safety factor. Individual skiing skills and fitness levels vary greatly. What is quite safe for one person to attempt may be foolhardy for someone else.

Know your capabilities and keep well within them when out touring. And, if lost retrace your steps if you can, if not stay put!



Dig out a trench with your ski big enough to sit or lie in.



Cover trench with ski poles, branches and twigs to protect from the weather.



Stand skis crossed in the snow. Huddle together for warmth.

PATROLS & RESCUE SERVICES

Every year people become lost in the mountains and ski areas of alpine country. To care for people in the snow, all ski resorts maintain skilled Ski Patrols throughout winter months. Ski patrollers can easily be identified in all resorts by their distinctive uniform with a cross. They are highly trained to deal with injured skiers and boarders, both within the resort and beyond resort boundaries. Patrollers open and close trails and runs, and mark hazards. For your safety, as well as that of others, obey the signs that are displayed by the Ski Patrol.



The main purposes for operating these Ski Patrols are to:

- Administer First Aid assistance to injured persons on the snow;
- Transfer those requiring further medical attention to resort or other advanced medical care;
- In conjunction with the State police and other emergency services, to search for and rescue skiers/boarders lost in alpine areas;
- Serve the public with other assistance and skiing/boarding information;
- Improve safety standards in alpine resorts, and reduce the accident rate.

IN EMERGENCY CALL '000' OR LOCAL SKI PATROL

IN CASE OF AN ACCIDENT:

- Do not leave the injured skier/boarder alone;
- Approach them from below or the side if the slopes are icy;
- Do not remove your own skis/board if the slopes are icy. If it is safe to remove your skis/board cross them and place them upright uphill from the injured skier/boarder;
- Do not remove the injured person's skis/board;
- While one person remains with the injured skier/boarder make sure another reports the accident to any Ski Patroller or the nearest lift operator – say what the person is wearing – there can be more than one accident on the same run at the same time;
- Have someone stand uphill from the accident to give verbal warning to other snow users when someone, including Ski Patrol, is attending to the person;
- Give the exact location of the accident and nature of the injury and wait for the patroller. Reassure the person and keep them warm. Do not move them or attempt to treat them unless you are qualified in first aid.

IF A COMPANION BECOMES LOST:

- Make sure your companion hasn't just returned home to the holiday accommodation, ski lodge or car. Inform the Ski Patrol as soon as you are concerned;
- Give your companions name, age, etc and a full description including any details of your skiing or boarding activities.

Avoid unnecessary searches:

- Always ski/board with a companion or make arrangements to meet with other skiers and boarders.

Remember:

- Let someone know before you go. Indicate your intended destination and route - this is especially important for cross-country skiers;
- Stick to the planned arrangements. If you do not, others will become concerned and call out emergency services. This endangers the lives of others searching for someone who is not lost.

WHAT TO DO IF YOU ARE LOST

- As soon as you realise that you are lost, stay where you are;
- Seek shelter. In poor weather conditions, shelter behind trees or rocks and place your crossed skis or board above the position;
- Distress signals: use anything that will attract attention, eg: smoke, whistles, flashing a mirror or torch, or by distinct waving of clothing.

HELPING THE SEARCHERS

It is best to remain in one place. As aircraft and helicopters are now frequently used in searches, think of how you can best help them to see you. The best place for your survival camp is on the edge of a clearing where you can easily move out from the shelter to attract attention.



A smoky fire is a good location marker. Also, display brightly coloured clothing and tents. Wait for rescue. If you have made meeting arrangements with others, as you should, the Ski Patrol and other rescuers will know where to look and rescue will be close at hand.

Helicopters may be called in to rescue you in extreme circumstances. Keep well clear of the helicopter's landing area and await instructions from the pilot. Never approach helicopters from the rear.



ICE HAZARDS

Icy conditions provide extra hazards to skiers and boarders. To ensure your safety on icy slopes take special note of the following points:

- Icy conditions are more likely in the morning and late afternoon;
- Be aware of changing weather and snow conditions – the degree of difficulty of any slope is greatly increased when ice covered;
- Choose runs that suit your ability, observe all slope signs and don't let a friend talk you into skiing or boarding a run you don't think you can handle;
- If a friend is in danger or difficulty don't take unnecessary risks to rescue them – seek Ski Patrol assistance;
- Skis and boards should be especially tuned to handle ice.

If you do fall on an icy slope, use the following techniques to arrest your sliding on the snow:

- Edge your skis/board into the ice to regain control of your speed;
- Grasping your ski pole above its basket, thrust the point of the ski pole into the ice.



Frozen Waterways

Do not ski, board or walk on frozen lakes, dams or creeks as normal conditions in Australia will not guarantee a uniform ice coverage that will support the weight of a person.



FIRE SAFETY

Know the exit routes and fire escape plan of the chalet/lodge at which you are staying.

For further information phone the Country Fire Authority (VIC) on (03) 9262 8444, Regional Fires Services (NSW) (02) 6456 5037 or Tasmania Fire Service (TAS) on (03) 6230 8600.

For more information contact the Australian Ski Patrol Association or visit their website at www.skipatrol.org.au.

AMBULANCES SERVICES

Ambulance Services operate 24 hours a day at every major ski resort. The service works in close co-operation with the Ski Patrol and medical centres.

Given that most resorts are some distance from major centres of population, the costs of ambulance transports can be expensive. One ride in an ambulance could cost you more than \$1000!

Even a small Ski Patrol evacuation for a minor injury is likely to require an ambulance - most resorts do not allow patients to be walked to medical centres by patrols, so ambulance use is frequent.

There is of course a way of enjoying your stay in the snow without having to be concerned about such costs. Simply by becoming an ambulance subscriber you are immediately covered for accidental injury or sudden illness. (A two month waiting period applies to existing medical conditions).

When you're an ambulance subscriber you get free transport and attention anywhere in Australia. That includes regular and emergency ambulance transport, as well as the specialist ambulances.

In Victoria contact:

Ambulance Service Victoria
PO Box 9000
Wangaratta VIC 3677

Or for further information, phone the Ambulance Service Victoria on 1300 366 141.

In New South Wales contact:

Phone (02) 9320 7777
www.asnsw.health.nsw.gov.au.

In Tasmania contact:

www.dhhs.tas.gov.au/ambulance



ADVICE FOR SPECIAL HEALTH NEEDS

ASTHMA

Anyone with asthma should be able to venture onto the slopes safely, by taking a few precautions.

Even people whose asthma is triggered by cold conditions should be able to cope at high altitudes as long as the asthma is well controlled.

It is a good idea to have a written management plan, knowing what you need both for prevention and relief of your asthma, and what to do for deteriorating asthma.

Stock up on all the medication you will require, as well as some extra. A letter from your GP outlining the history and severity of your asthma and treatment would be helpful if medical attention becomes necessary.

In freezing conditions, pressurised inhalers may not work properly. They should be warmed (in the hands, for example) before use. It is important to remember to keep taking your medication as directed while you are away.

The National Asthma Campaign, and Asthma Victoria recommend you talk to your GP specialist or the Asthma Foundation as part of your preparation for hitting the slopes.

HEART PROBLEMS

The National Heart Foundation says there is no reason why people with heart conditions can't hit the slopes and partake in recreational activities, as long as the right precautionary measures are taken.

The risk for people with heart conditions depends on the level of exercise they will be doing. It is essential that someone with a heart problem planning on vigorous exercise takes an exercise stress test with their physician before they go. This test can then be reviewed by a cardiologist who can help create a management plan for the prevention of any problems.

While at the snow, it is important to keep monitoring yourself and at the first warning signs and pains in the chest, to stop what you are doing. It is vital to keep taking medication as prescribed. It is not advisable for someone with a heart condition to drink excessive amounts of alcohol in the cold.

For more information on hitting the slopes with a heart condition, please call the National Heart Foundation Heart Line Information Service on 1300 362 787.

DIABETES

Diabetes Australia says that alpine sports of all types can be safely undertaken by people with diabetes. The major potential problem is related to low blood glucose levels resulting from the increased and often sustained level of activity.

A few simple precautions will avert any major difficulties:

- Discuss the proposed activities with your doctor and develop a new dose schedule for your medication. This will usually involve a substantial reduction in insulin or tablet doses whilst you are engaging in alpine sports;
- Always have some simple carbohydrate readily accessible. Jelly beans or soft jubes are ideal in the snow;
- If you do become hypoglycaemic have some simple carbohydrates immediately. Don't wait!
- Follow this up with a long lasting carbohydrate such as milk drink, fruit or sandwiches as soon as possible. Don't resume your activity until then;
- Ski/board with a friend who is aware of your diabetes and knows how to recognise and treat hypoglycaemia;
- Hypoglycaemia can occur soon after commencing exercise or many hours after the activity has ceased. Take special care to avoid overnight hypoglycaemia by intensifying your blood glucose monitoring, eating a substantial supper and probably reducing your overnight insulin.

These simple measures will help those affected by diabetes be safe in the snowfields. Those with pre-existing medical conditions should avoid riding chairlifts or skiing/boarding on their own.

Always be vigilant with precautions and symptoms.

DRIVING IN ALPINE AREAS

Knowing how to drive on winding mountain roads, in snow and ice conditions, is an important skill to acquire. Travelling on alpine roads in winter can be dangerous unless special driving techniques are used. Even where snow has been cleared from the road, the surface may still be covered by a film of snow or ice. This section explains some of the basic rules to follow when driving in snow conditions.

BEFORE LEAVING HOME

- Equip yourself. You'll need the best wheel chains for the maximum grip and safety (get the right size for your cars tyres) – with diamond-pattern (not ladder) being strongly recommended. Vehicles fitted with these chains will be given priority access to resorts in heavy snow conditions;
- Carry a spade, tow rope, ground sheet (for fitting chains), rubber gloves, plastic ice scraper, torch and warm clothes;
- Use anti-freeze compound in the radiator and take along spare heater and radiator hoses. Make sure the battery is clean and in good condition;
- Make sure all lights are working, check the condition of your tyres (including the spare) and increase the pressure in your tyres;
- Check that your roof rack is well secured;
- Practice fitting chains before you leave home to ensure they are the correct size for your tyres;
- Include a spare key. (Someone in the party should have a spare key to the car. If you lose it skiing or coming home from a night out it will be difficult to recover in the snow. Many people wire a second key to a secret location under the car).

FUEL

Before you drive up the mountain, ensure that your fuel tank is topped up as you may experience lengthy delays in bad weather when you need to keep your motor running.

If you drive a diesel powered vehicle, fill your fuel tank with alpine mix diesel from a service station close to the snow fields to avoid freezing of fuel.

Dual fuel vehicles (LPG/petrol) should switch to petrol before entering alpine areas.

BRAKING & SKIDDING

It is better to control your car by steering rather than braking. Hitting the bank or being stuck in a snow drift is better than going over the edge! If you go into a skid, turn the front wheels in the direction of the skid and release your brake. After the skid ceases, gently apply your brakes.

POOR VISIBILITY


If minimum visibility (white-out) conditions occur and the road ahead and snow poles are not visible, bring the vehicle to a stop, leave the motor running and switch on your hazard lights.

Travel in daylight hours whenever possible. It is difficult to judge distances in snow at night.

In poor visibility conditions, drive with your headlights on low beam. Use front and rear demisters, with air-conditioning on, to ensure windscreens are clear at all times.

SNOW DRIVING - THE BASICS

- Observe local speed limits in resorts, chain fitting bays and elsewhere;
- Before leaving the ski fields, be sure to clear any snow from the car roof, to avoid creating a road hazard to other vehicles. Failure to do so is an offence;
- Drive cautiously with gradual pressure on the accelerator to avoid wheel spin. The speed is not necessarily the slowest possible, sometimes a more optimum speed can help momentum through snow drifts or travelling up hills;
- Avoid unnecessary gear changes. Engage first or second gear on level ground (including automatics) before ascending or descending hills in snow or ice conditions;
- Brake gently. Front and rear wheels can lock easily with loss of steering and control;
- Keep well behind the vehicles in front;
- Avoid braking when cornering, brake before the corner while the wheels are straight;
- Keep well away from snow clearing machines. It is often necessary to reverse these machines, and snow clearing operators may not be able to see you in snowdrift or falling snow conditions. Also, the fountain of snow coming from the blowers may contain ice chunks and stones;
- Do not overtake clearing equipment until they have stopped blowing snow.



Remember that when meeting oncoming vehicles, common sense dictates that the vehicle going up has right of way. It is much harder for an ascending vehicle to start again if it has to stop.

Be patient approaching large vehicles, such as buses, and only overtake if visibility is good.

CHAIN FITTING

Fit chains at bays where you see the 'Fit Chains Here' sign. Always fit chains to driving wheels only. When required, four wheel drive vehicles should fit chains to front wheels.

Chain fitting bays are level and make fitting easier. If you don't use the chain fitting bay you may find yourself in a lot of trouble. Chains are hard to fit on slopes, and you will obstruct other vehicles and snow clearing equipment. At all resorts you can be fined for not carrying and fitting chains as directed.

If it has not been necessary to fit chains when travelling to the resort, it is advisable to fit them upon arrival in preparation for the return trip.

It is quite difficult to fit them to cars covered by snow.

Do not drive faster than 40kph.

CHAIN FITTING CHECKLIST

- Fit chains to driving wheels only;
- Always test fit chains before a trip;
- Fit at fitting bays on level ground;
- If chains fall off or loosen when a vehicle is in motion, stop and check brake lines for damage before retensioning;
- Keep speed below 40 kph;
- Carry a torch, plastic garbage bag and gloves to make fitting easier;
- Use correct fitting chains;
- Tyres must be in good condition with minimal wear;
- The use of diamond pattern chains is recommended;
- After removing chains your cars handling may feel different. Take time to readjust your driving and take care!

TYRES

One of the greatest problems for a motorist driving on an alpine road in winter is the unsuitability of their car in its standard form for driving in ice and snow conditions.

For most vehicles the same standard 'summer' tyres are used all year round.

Many imported car manufacturers recommend the use of 'winter' tyres on snowy and icy roads. For most of us though this is not practical. Therefore the following must be understood by all drivers when driving in the alps:

- With any tyre the greater the tread wear, the less safe the tyres are in winter alpine conditions. A worn tyre may be legal to use, but it has a greatly reduced safety margin;
- High speed (V and Z) rated, wide based, low profile summer tyres are not suitable. Fitting chains to some vehicles is not possible as tyre and rim combination does not give enough suspension clearance.

PARKING

- Park only where directed. If you do not you run the risk of another vehicle or snow clearing vehicle running into what looks to the driver like just another drift of snow;
- Do not apply the handbrake. Moisture can freeze the cables and brake linings;
- Leave the car in gear with the front wheels turned away from the slope;
- Always park as close to the bank as possible to leave room for two-way traffic;
- Do not use rocks to chock wheels as they may damage snow clearing machines;
- Remove wheel chocks from parking area when leaving;
- Even if chains were not required to enter the area it is advisable to fit them when parking;
- It is much easier than trying to fit them later for the return trip if weather conditions change or the vehicle is snowbound;
- Cover the radiator to help prevent freezing. Periodically clear snow from on and around the vehicle;
- Lift wipers from windscreen or place in a plastic bag if parking for an extended period so that wipers do not stick to the glass;
- Cover door locks with masking tape to stop locks freezing up;
- Don't use wooden chocks, these tend to slip on icy surfaces.

WINDSCREENS

Windscreens today are laminated which means that they are effectively two pieces of glass. Windscreens have been designed this way to increase the safety to passengers within the vehicle when a stone flicks up and hits the screen.

To prevent contamination in a damaged area do not wash the windscreen before repair.

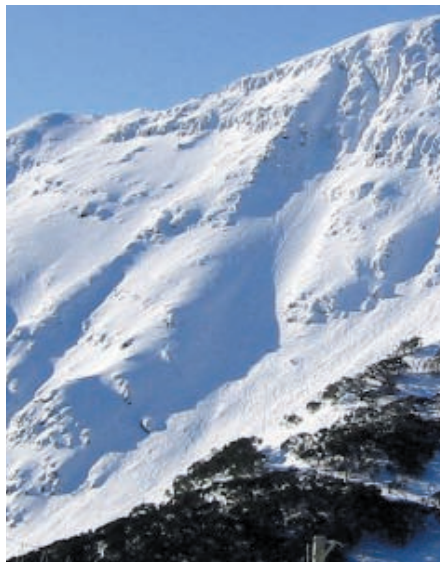
To prevent the spread of windscreen damage, avoid the use of the car heater or air-conditioner, avoid rough or bumpy roads and avoid extremes of hot or cold conditions.

PREVENTING WINDSCREEN DAMAGE

To prevent cracking a windscreen in cold weather do not pour hot water over the windscreen.

OTHER HELPFUL HINTS

- Clear all glass and mirrors of ice before attempting to drive away from snowfields;
- For fast demisting of the front windscreen, use the car's heater and fan in conjunction with the vehicle's air-conditioner;
- Warm the engine for a few minutes before driving off;
- Motoring on alpine roads not only requires concentration and adept driving skills, but also a lot of patience. Keep your cool if stuck in a long queue of traffic, and always follow directions of resort staff and road signs. They are there for your safety;
- Have a spare set of keys.



TRACTION

Ice -4 Degrees C	% Improvement*
Snow Tyres	128
Tyre Chains	730
Loosely packed snow	
Snow Tyres	151
Tyre Chains	410
<i>* over conventional tyres</i>	

STOPPING DISTANCE

Ice -4 Degrees C	Metres from 32 kph
Conventional Tyres	45
Snow Tyres	26
Tyre Chains	23
Loosely Packed Snow	
Conventional Tyres	18
Snow Tyres	16
Tyre Chains	12



TRIP INTENTIONS

My name is:

Home Phone:

Others with me are:

Names:

PLANNED TRIP

Day 1 (date):

Route:

Day 2:

Day 3:

Additional days:

Vehicles left at (location):

Reg Nos:

THE GROUP CARRIES:

Waterproof jackets

☐

Spare clothes

☐

Food for _____ days

☐

Tent or emergency shelter

☐

Sleeping bags

☐

First Aid kit

☐

Matches

☐

Whistle

☐

Map and Compass

☐

Mobile Phone/s No/s

.....

.....

FOR CONTACT PERSON

If I have not contacted you by _____ am / pm, on _____ (date)
ring Police on 000 or contact your local Police station.

**DON'T FORGET - THE GROUP LEADER SHOULD NOTIFY
THE CONTACT PERSON ON RETURN, OR IF DELAYED.**

Trip Intentions Forms can be down loaded from www.snowsafes.org.au or www.skipatrol.org.au and printed out or ... photocopy this page or ... obtain a Trip Intentions Form at any resort office or Police station.



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TRIP INTENTIONS

My name is:

Home Phone:

Others with me are:

Names:

PLANNED TRIP

Day 1 (date):

Route:

Day 2:

Day 3:

Additional days:

Vehicles left at (location):

Reg Nos:

THE GROUP CARRIES:

Waterproof jackets

☐

Spare clothes

☐

Food for _____ days

☐

Tent or emergency shelter

☐

Sleeping bags

☐

First Aid kit

☐

Matches

☐

Whistle

☐

Map and Compass

☐

Mobile Phone/s No/s

.....
.....

FOR CONTACT PERSON

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RESORT CONTACTS - VICTORIA

CALL THE OFFICIAL VICTORIAN SNOW REPORT FOR SNOW AND ROAD
CONDITIONS AT ALL VICTORIAN ALPINE RESORTS: 1902 240 523

Falls Creek Alpine Resort

Postal Address:
PO Box 50, Falls Creek VIC 3699
Telephone: (03) 5758 3224
Fax: (03) 5758 3415
Ski Lifts: (03) 5758 1000
Summit Height: 1780m
Village Height: 1600m
Oversnow Terminal: (03) 5758 3285
Petrol/Diesel Availability: Mt. Beauty (30km)
Car Emergency Services:
RACV Bright 13 11 11
Police Stations: 000
Wodonga (02) 6024 1000
Falls Creek (03) 5758 3424
Mt Beauty (03) 5754 4244
Medical Treatment:
Falls Creek:
Winter: (03) 5758 3238
Summer: (03) 5754 4003
Fire: 000
Web site: **www.fallscreek.com.au**
Email: fcrn@fallscreek.com.au

Lake Mountain Alpine Resort

Postal Address:
PO Box 40, Marysville VIC 3779
Telephone: (03) 5957 7222
Fax: (03) 5957 7231
Ski School: (03) 5957 7210
Summit Height: 1430m
Petrol/Diesel Availability: Marysville (22km)
Car emergency services:
RACV Marysville: 13 11 11
Local Towing Service 0438 536 644
Police Station: 000
Marysville: (03) 5963 3222
Medical Treatment:
On mountain - Ski Patrol Centre: (03) 5957 7235
Web site: **www.lakemountainresort.com.au**
Email: admin@lakemountainresort.com.au

Mt Baw Baw Alpine Resort

Postal Address:
Private Bag via Noojee VIC 3833
Telephone: 1300 651 136
Fax: (03) 5165 1125
Summit Height: 1564m
Village Height: 1464m
Petrol/Diesel Availability: Nerrim Junction (55km)
Car Emergency Services:
RACV Moe: 13 11 11
Police Station: 000
Neerim South: (03) 5628 1303
Medical Treatment:
Medical Centre: (03) 5165 1133
Hospital: (03) 5623 0611
Web site: **www.mountbawbaw.com.au**
Email: info@mountbawbaw.com.au

Mt Buffalo National Park

Postal Address:
PO Box 72, Porepunkah VIC 3740
Telephone: (Park Office) (03) 5755 1466
(Entrance Station) (03) 5756 2328
Facsimile: (03) 5755 1802
Ski School: (03) 5750 1192
Resort Areas:
Cresta Valley: 1475m
Dingo Dell: 1400m
Petrol/Diesel Availability: Porepunkah (34km)
Car Emergency Services: RACV 13 11 11
Police Station: 000
Bright (Limited hrs): (03) 5755 1444
Wangaratta (24 hrs): (03) 5723 0600
Medical Treatment:
Bright Hospital: (03) 5755 0100
Bright Medical Centre: (03) 5750 1000
Web site: **www.parkweb.vic.gov.au**
Email: fbrooke@parks.vic.gov.au



Mt Buller Alpine Resort

Postal address:

C/O Post Office, Mt Buller VIC 3723

Telephone: (03) 5777 6077

Fax: (03) 5777 6219

Ski Lifts: (03) 5777 7800

Summit Height: 1804m

Village Height: 1600m

Petrol/Diesel Availability: Mansfield (46km)
Mirimbah (16km)

Car Emergency Services:

RACV Mansfield: 13 11 11

Police Station: 000

Medical Treatment:

Medical Centre: (03) 5777 6185

Mansfield District Hospital: (03) 5775 2111

Ski Patrol: (03) 5777 7808

Web site: **www.mtbuller.com.au**

Email: info@mtbuller.com.au

Mt Donna Buang Alpine Resort

Postal Address:

C/o Parks Victoria, PO Box 264,

Woori Yallock VIC 3139

Telephone: (03) 5954 4044

Fax: (03) 5964 7037

Summit Height: 1250m

Petrol/Diesel Availability: Warburton (18km)

Car emergency services:

RACV: 13 11 11

Police station: 000

Warburton: (03) 5966 2006

Medical treatment: 000

Basic at Summit or Maroondah Public Hospital

Web site: **www.parkweb.vic.gov.au**

Mt St Gwinear - Baw Baw National Park

Postal Address:

Thomson Valley Road, Erica VIC 3825

Telephone: 13 19 63

Fax: (03) 5165 2233

Summit Height: 1565m

Petrol/Diesel Availability: Rawson (26km)

Car Emergency Services:

RACV: 13 11 11

Police Station: 000

(03) 5165 3444

Medical treatment:

Rawson Health Centre: (03) 5165 3236

La Trobe Regional Hospital: (03) 5173 8000

24hr Snow Road & Weather Report (03) 5165 3481

Web site: **www.stgwinear.info**

Mt Hotham Alpine Resort

Postal Address:

PO Box 188, Bright VIC 3741

Telephone: (03) 5759 3550

Fax: (03) 5759 3693

Ski Lifts: 1800 HOTHAM

Summit Height: 1861m

Village Height: 1750m

Petrol/Diesel Availability: Harrietville (30km)
Omeo (45km)

Car Emergency Services:

RACV Mt Hotham: 0500 550 229

Bright: (03) 5750 1230

Omeo: (03) 5159 1600

Police Station: 000

Hotham: (03) 5759 3535

Bright: (03) 5755 1444

Medical Treatment: (03) 5759 3551

Web site: **www.mthotham.com.au**

Email: mhar@mthotham.com.au

Mt Stirling Alpine Resort

Postal Address:

C/O Post Office, Mt Buller VIC 3723

Telephone: (03) 5777 6077

Fax: (03) 5777 6219

Ski School: (03) 5777 7800

Summit Height: 1749m

Petrol/Diesel Availability: Mansfield
Mirimbah

Car Emergency Services:

RACV Mansfield: (03) 5775 2256

Police station: 000

Mansfield: (03) 5775 2555

Medical treatment:

Mansfield District Hospital: (03) 5775 2111

Ski Patrol: (03) 5777 6532

Web site: **www.mtstirling.com.au**

Email: info@mtbuller.com.au

All details correct at time of publication

SNOWSAFE

Suite 15, 96 Camberwell Road, Hawthorn East, VIC 3123

Website: www.snowsafesafe.org.au

Email: info@snowsafesafe.org.au



Chairman:

Robert Osborne

AUSTRALIAN SKI PATROL ASSOCIATION

PO Box 275, Armadale, VIC 3143

Website: www.skipatrol.org.au

Email: info@skipatrol.org.au

President & CEO: Mark Spillsbury

Email: president@skipatrol.org.au



RESORT CONTACTS - NEW SOUTH WALES

CALL THE OFFICIAL NSW SNOW REPORT FOR SNOW AND ROAD
CONDITIONS AT ALL NSW ALPINE RESORTS: (02) 6450-5600

Perisher Blue Ski Resort -

Perisher Valley, Mt Blue Cow,
Smiggin Holes & Guthega

Postal Address:

PO Box 42, Perisher Valley NSW 2624

Telephone: 1300 655 811

Fax: (02) 6457 5485

Snowsports School: (02) 6459 4462

Summit Height:

Mt Perisher: 2054m

(2034m - highest lifted point)

Village Height:

Perisher Valley: 1720m

Smiggins: 1680m

Blue Cow: 1890m

Guthega: 1640m

Oversnow Terminal:

Hans Oversnow: (02) 6457 5334

0418 485 144

Petrol/Diesel Availability: Jindabyne (30km)

Ski Tube: (02) 6456 2010

Group Bookings: 1300 655 844

Car Emergency Service:

NRMA: 13 11 11

Guest Services: 1300 655 822

Medical Treatment:

Ski Tube Terminal Medical Centre:

(02) 6457 5266

Police Stations: 000

Fire: 000

Ski Patrol: (02) 6459 4408 or 000

Weather Report: 1300 655 822

Website: www.perisherblue.com.au

Email: feedback@perisher.com.au

Thredbo

Postal Address:

PO Box 92, Thredbo NSW 2625

Telephone: (02) 6459 4100

Fax: (02) 6459 4101

Snow Sports Schools: (02) 6459 4044

Summit Height: 2037m

Highest lifted point (Karels T-Bar)

Village Height: 1350m

Petrol/Diesel Availability: Thredbo BP

Friday Drive

Car Emergency Services:

NRMA Thredbo: 13 11 11

Medical Treatment:

Medical Centre: (02) 6459 4135

Ambulance 000

Police Stations: 000

Jindabyne Station: (02) 6456 2244

Fire: 000

Ski Patrol: (02) 6459 4100

Weather Report: www.thredbo.com.au

Website: www.thredbo.com.au

Email: feedback@thredbo.com.au



Selwyn Snowfields

Postal Address:
Private Bag 2, Cooma NSW 2630

Telephone: (02) 6454 9488
Fax: (02) 6454 9482
Snow Sports School: (02) 6454 9488
Summit Height: 1614m
Village Height: 1550m
Base Elevation: 1492 m
Petrol/Diesel Availability: Cabramurra (15km)
Adaminaby (50km)
Talbingo (54km)

Car Emergency Services:
NRMA Adaminaby: 13 11 11

Medical Treatment:
Cooma Hospital: (02) 6455 3222
Tumut Hospital: (02) 6947 1555

Police Stations:
Adaminaby (02) 6454 2244
Talbingo (02) 6949 5244

Fire: 000
Cabramurra: 000
Adaminaby: 000
Talbingo: 000

Weather Report:
(24hrs, Ski season only.) (02) 6454 9488

Ski Patrol:
Selwyn: (02) 6454 9488

Accommodation Bookings: 1800 641 064

Website: **www.selwynsnow.com.au**
Email: snowinfo@selwynsnow.com.au

Charlotte Pass

Postal Address:
PO Box 79, Perisher Valley NSW 2624

Telephone: (02) 6457 5245
Fax: (02) 6457 5362
Ski School: (02) 6457 5247
Summit Height: 1954m
Village Height: 1765m
Oversnow Terminal: Perisher

Medical Treatment:
Medical Centre: (02) 6457 5259

Police Stations: 000
Jindabyne Station: (02) 6456 2244

Fire: 000
Ski Patrol: (02) 6455 5247

Weather Report: www.charlottepass.com.au
Website: **www.charlottepass.com.au**
Email: chalet@charlottepass.com.au

RESORT CONTACTS - TASMANIA

Ben Lomond Alpine Resort

Postal Address:
Ben Lomond Ski field Management Authority
PO Box 247, Kings Meadows, Tasmania 7249

Telephone: (03) 6390 6116
Ben Lomond Creek Inn: (03) 6390 6199
Summit Height: 1572m
Village Height: 1450m
Petrol/Diesel Availability: Launceston
Evendale
Epping Forrest

Car Emergency Services:
RACT Launceston 13 11 11

Police Stations: 000
Launceston: (03) 6336 3701
St Leonards: (03) 6339 1232

Medical Treatment:
Launceston General Hospital: (03) 6348 7111
Ski Patrol Headquarters: (03) 6390 6116
Website: **www.ski.com.au/resorts/benlomond**
Email: blsma@keypoint.com.au

All details correct at time of publication



ALCOHOL & DRUGS DON'T CUT IT IN THE SNOW

Alcohol & Drugs impair judgment, slow response time and reduce your ability to respond to an emergency.

SAFETY CHECKLIST

- ☐ Plan your trip carefully;
- ☐ Know the signs of hypothermia;
- ☐ Get fit to go skiing;
- ☐ Let someone know before you go (Use a Trip Intentions Form);
- ☐ Take mobile phone and emergency contact numbers;
- ☐ Take care on alpine roads;
- ☐ Practice fitting wheel chains before leaving home;
- ☐ Wear appropriate wind and waterproof clothing (never wear jeans);
- ☐ Always wear a hat and gloves;
- ☐ Wear skin and eye protection;
- ☐ Take care of and check your equipment before skiing;
- ☐ Regularly check weather, snow and skiing conditions;
- ☐ If lost, stop, seek shelter and wait for help;
- ☐ Ski within your capabilities;
- ☐ Take ski lessons;
- ☐ Take extra care with children;
- ☐ Eat appropriate food before and during ski and bush activities;
- ☐ Always ski in control;
- ☐ Drive cautiously, particularly in the snow;
- ☐ Watch for weather changes;
- ☐ Never ski alone;
- ☐ Never remove your skis when conditions are icy, particularly on steep slopes;
- ☐ Never ski or walk over frozen lakes, dams or creeks;
- ☐ Take care of the environment.



AUSTRALIAN
SKI PATROL
ASSOCIATION