

8 Top Tips

How To Stay Injury-free On The Slopes

- 1) Skiers get your bindings checked regularly- remember to update your DIN settings as you improve so your skis stay on when you need them most and pop off when you don't**
- 2) Warm up for 5 minutes before heading on to the slopes- [click here](#) for a handy video of some basic exercises to follow. The burpees are optional! ;)**
- 3) Beginner female skiers over the age of 20- reducing your suggested DIN settings by 15% can help to prevent knee injuries**
- 4) Beginners don't use the loops on your ski poles to avoid straining your thumb if you fall**
- 5) If you have a history of knee complaints- wearing a knee brace underneath your salopettes can help to keep the knee stable and prevent re-injury**
- 6) Boarders use wrist guards- they can reduce the chance of breaking your wrist by 50%**
- 7) Wear a helmet! The evidence shows it decreases injury risk and it also keeps your ears toasty on the chairlift!!**
- 8) Take it easy on the apres-ski & don't ski hard if you're feeling fatigued- better to have a rest/hot tub/massage in the afternoon and feel refreshed the next day!**