



Kendal Snowsports Club Helmet Policy

Helmets are known to reduce injuries. Some of the highest risks to injury come from impact with other slope users and the use of terrain features such as exist on our slope.

Kendal Snowsports Club helmet policy is therefore as follows:

- All Juniors (Under 18) must wear helmets for all sessions (provided free).
- Helmet use is strongly advised for all slope users.
- All persons (irrespective of age) must wear a helmet in freestyle sessions or race training..
- All persons (irrespective of age) must wear a helmet when tubing.
- During Saturday AM/PM, Junior Development and Freestyle sessions helmets are compulsory.
- We encourage all users of the slope to obtain their own helmets.
- In adaptive sessions the default position is that helmets are always used by participants and instructors/helpers (best practice). There are exceptional circumstances where a participant may not be able to wear a helmet because of their condition or disability. This is at the discretion of the lead instructor for the session, who must assess the requirements and explain the level risk with the parent/carer at each session. Further advice is included in the Helper Workbook and BASI Adaptive Skiing Notes.

Kendal Snowsports Club is run entirely by volunteers