



Kendal Snowsports Club - Freestyle Members Induction

Rules & Code of Conduct

- The club code of conduct and rules of the slope are located on the club notice boards.
- The Role of Slope Officials, is to ensure the safety of participants on the slope during Freestyle and Open Sessions, please ensure you following the Slope Supervisors instructions when asked to.

Equipment

- Compulsory use of helmets when at Freestyle sessions.
- Checking personal helmets for proper fit & cracks.
- Checking personal skis/boards for damage.
- Recommend use of twin tip skis for rotational or reverse moves.
- Warn about loose clothing, braces etc and risk of snagging on tows and freestyle equipment.

Slope side

- Access on and off the slope via spectator gallery (No dipping under the chain to access near tow).
- Waiting (breather) area (away from bottom of jumps run) all spectating from behind the barriers.
- It is advised to warm up and do warm up runs to gauge how the slope is running.
- Weather conditions can affect the running surface, please take this into account, also the effects of strong winds on the jumps.

Slope etiquette & Run Safety

- No getting off lifts below the jumps.
- Signal and or give a verbal warning before dropping in.
- No snaking (cutting into the queue).
- Ensure that the previous participant has cleared the blind spot on the jump and completed their run before setting off.
- Being sensible on lifts, no weaving.

Kendal Snowsports Club is run entirely by volunteers

- Tow emergency stops are located at the bottom of each tow, familiarise yourself with their location and use when necessary.
- Never start a stopped tow, that is the responsibility of the Slope Supervisors.
- Safety signals for stopping a run (X with arms above head) and starting (Create O with arms above head).
- If not intending to run a jump but would like to drop into the bowl from the top of the slope they must signal to the jump queue (shout dropping in) and wait for an acknowledgment that they have been seen/heard.

Freestyle Features & Moves

- Explanation of the different freestyle features
 - Fixed Jumps
 - Mobile Jumps
 - Quarter Pipe
 - Rollers
 - Boxes
 - Rails
- Advise progression & the risk of riding beyond their ability.
 - e.g progress mobile jumps to wedge to main kicker.
 - e.g progress boxes to rails.
- Understand what a rotational move is (vertical axis) and an inverted move is (horizontal axis).
- Understand that inverted moves are not allowed by members unless they have undertaken a separate accreditation process and declaration.
- If a fall involves an impact to the head, follow current advice on concussion. Depending on the symptoms, this could mean cease skiing after the impact, visit hospital for checks, non-attendance at the club for a period, based on advice received from medical staff at hospital.
- Despite training there is still a risk of injury when taking part in freestyle activities.