



Kendal Snowsports Club - 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

- Consider the use of helmets if skiing the banks of the slope or in the moguls, it is compulsory for Juniors (under18) to use helmets when accessing the slope in any session.
- Prior to skiing/boarding check personal helmets for proper fit & cracks.
- Prior to skiing/boarding checking personal skis/boards for damage.
- Check that you have no loose clothing and hair is tied back, if necessary, risk of snagging on tows.

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.

Slope etiquette & Run Safety

- Start your run at an appropriate level for your ability, do not be tempted to go further up the slope until you are skilful enough to do so.
- Tailor, your runs for the conditions and how busy the slope is.
- Be sensible on the lifts, no weaving.
- 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.
- If someone falls on the slope, do not ski, wait until the person that fell is assessed to ensure they are ok, take instruction from the slope supervisors.
- 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.
- Remember when using slope lifts, keep your arms as close to your body as possible when lift starts to move you, this will prevent the lift from pulling your arms away from your body, as this can lead to arm strains. If unsure how to get onto the lifts please ask a slope supervisor for advice.