

Other safety tips

- Always inform someone of where you intend to snowboard, how long you will be gone for and the time you expect to return.
- Children should only snowboard with a responsible adult.
- Do not snowboard under the influence of alcohol. Alcohol can negatively affect snowboarding performance and contribute to hypothermia.
- Take rest periods and eat and drink at regular intervals to maintain energy and hydration levels to enhance performance and reduce the likelihood of injury.

If an injury occurs

- If you are injured, or come across an injured snowboarder, send someone to alert the ski patrol. If possible, one person should stay with the injured snowboarder.
- All injured snowboarders should receive first aid and ensure they are fully rehabilitated before returning to snowboarding.



For further information contact

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Smartplay is supported by VicHealth and the Department of Planning and Community Development (Sport and Recreation Victoria) and provides information on safe sport participation.

Victorian Snowsports Association

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Snowsafes

www.snowsafes.org.au

Disabled Wintersport Victoria

www.dwv.org.au

References

For a full list of references, contact Smartplay.

Acknowledgments

This updated fact sheet is funded by VicHealth and the Department of Planning and Community Development (Sport and Recreation Victoria).

Prepared by Monash University Accident Research Centre 1996. Updated and reprinted 2009.

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Preventing Snowboarding Injuries



Facts and Safety Tips for Snowboarding

Facts on snowboarding injuries

Snowboarding is a popular sport with an estimated participant growth rate of 20% per year which exceeds that of other snow sports.

How many injuries?

- The rate of injury for snowboarding is 4 injuries per 1,000 days.
- From 2004-2007, snowboarding injury statistics recorded 383 Victorian hospital admissions, an average of 96 per year and 503 Victorian emergency department presentations, an average of 125 per year.
- 84% of hospital admissions occurred among 15 to 34 year olds.
- Approximately three quarters of the cases were male.

The causes and types of injuries

- Falls are the most frequent cause of injury, followed by being hit, struck or crushed by a person or object.
- The lower extremity is the most frequently injured body site among child and adolescent snowboarders, whereas upper extremity injury (arm, shoulder, wrist, hand and elbow) is more common among adult snowboarders.
- The most common types of injuries resulting in hospital admissions are fractures (62%) followed by intracranial (internal) head injuries (10%); dislocations, sprains and strains (10%); and internal organ injury (4%).
- The most common types of injuries resulting in emergency department presentations are fractures (36%) and sprains/strains (33%) followed by muscle and tendon (7%) and superficial injury such as bruising or abrasions (6%).
- A large proportion of injuries occur in the first week of learning to snowboard.

Safety tips for snowboarding

Good preparation is important

- Undertake preseason conditioning and training to build fitness, strength and flexibility.
- Warm up and stretch, off the board, before snowboarding. Cool down for 10-15 minutes after a snowboarding session and include low-intensity exercise such as walking and stretching.
- Novice snowboarders should undertake lessons to learn correct snowboarding and falling techniques.
- Take snow conditions into consideration. Only ride in good conditions.



Good technique and practices will help prevent injury

- Be aware of, and adhere to, snow courtesies and safety codes.
- Snowboard on slopes suited to your ability level.
- Stay on main trails and groomed runs.
- Be cautious if snowboarding in deep powder among trees.
- Always snowboard with others and look after fellow snowboarders.
- Supervise young or novice snowboarders.

Wear the right protective equipment

- Seek professional advice when choosing or hiring equipment to ensure it suits your activity, skill level and physical characteristics.
- All snowboarders are encouraged to wear protective helmets.
- Keep equipment in good working order.
- Wear clothing and gloves that are waterproof and breathe to prevent heat illness and reduce dehydration.
- Head covering is recommended to prevent excessive heat loss.
- Wear layers of clothing to allow you to adjust your body temperature.
- Wear wristguards or gloves with wrist reinforcement.
- Attach your snowboard to yourself by a leash to prevent injuries to others.

Additional considerations

- Wear SPF 30+ broad spectrum sunscreen and eyewear that meets the Australian standard, even on cloudy days. Be aware that some medications can make the skin highly susceptible to sunburn.
- If taking medication, carry a list of them with you at all times in case of an emergency where first aid may be required.