

Safety, Health & Fitness—

Helmet Testimony—

excerpted from www.skifederation.org

I'm writing this account to inform you of an unfortunate event which happened to me last month while skiing in hopes it might provoke you to think a little.

A couple of turns into my run on a sparsely treed run, and without reason, my downhill ski binding pre-released as I made my turn. I looked up in time to see the tree. That's the last thing I remembered until I heard strange voices digging me out from under a fallen tree some 300 feet down the hill, putting on the neck collar and trying to slide a back board under me.

Until a number of hours later, I remembered nothing of what happened prior to losing my ski. It was scary, trying so hard to put the pieces together but having no recollection of where I was, how I'd gotten there, what had led up to my toboggan ride down the hill.

Final tally of the damage was a severe, level 3 concussion, multiple bruises and contusions to the right shoulder, soft tissue damage to the right knee and calf, fractured displaced sternum, and two compression fractured vertebrae. Prognosis is good.

I'm lucky and everything should heal on its own over the next 4 months. My recovery from the concussion is expected to be complete as the disorientation and headaches are gradually decreasing and they should disappear over the next few weeks. The doctor stated the severity of the concussion indicates that, without doubt, the helmet saved my life.

Wearing a helmet is an individual choice and I believe it should remain that way. I donned my first helmet about 15 years ago while racing. It seemed no matter how I fell on the course, it usually resulted in my landing on my back and sliding head first down the hill towards the next racing gate.

As an advanced skier with 39 years of experience, I continue to wear a helmet while free skiing because I understand that I have no control over other skiers on the hill. I never thought my helmet would serve as protection from myself or from failure of my equipment.

Skiing is a sport that I love, something I will never willingly give up. Participating in snowsports is inherently risky, accidents can occur at any moment, without notice and without reason to any level of skier. My choice to wear my helmet was a fortunate one, a choice that I'm going to be able to make again and again.

Helmet technology continues to evolve to where they are now more comfortable and lighter weight than ever before. It's up to everyone to evaluate the benefits and the risks of wearing a helmet.

Terry Rowley, President

National Ski Council Federation

[Note: Check out a great helmet deal at www.SkiFederation.org. Go to "Member Only Area." User ID is skiclub. Password is member.]

Skier Survey—

When asked what skiers and boarders will do to keep in shape in the off season, this is what they had to say.

Play Golf or Tennis	17.3%
Hike or Camp	14.5%
Mtn. Bike or Cycle	18.5%
Sail, Boat, Water Ski	15.6%
Skateboard or Skate	12.7%
Head South to Ski	5.2%
Other	16.2%

What will you be doing this summer to keep in shape?

Safety Tip— Beware of Two-Way Mirrors

I thought it was quite interesting! And I know in about 30 seconds you're going to do what I did and find the nearest mirror. Do you ever wonder if there is a way to determine if that mirror in the restroom or dressing room is 2-way or not?

Place the tip of your fingernail against the reflective surface and if there is a gap between your fingernail and the image of the nail, then it is a genuine mirror.

However, if your fingernail directly touches the image of your nail, then beware, it's a 2-way mirror!

Spring Skiing and Sunscreen: What You Need to Know

Thank the sun gods, spring is here. We can finally strip off those parkas and scarves that we've been skiing in all winter. Just keep in mind what a mixed blessing the sun can be at this time of year.

Even though accumulating a tan may seem like a seasonal rite, replacing the winter pale may be causing irreversible harm. There are two major reasons to protect yourself against the sun: premature aging and skin cancer. Brown spots and wrinkling are some of not-so-hot results of sun exposure.

Sun damage is avoidable. Big-brimmed hats, long-sleeve shirts and plenty of high-powered sunscreen all combine to increase your UV barrier. Fill a shot glass with sunscreen. That's the approximate amount worth of sunscreen needed to cover the body. When you're in the high country, you should re-apply throughout the day.

Kate Kisling of Ski Press presents this sampling of sunscreens.

Estée Lauder

Skin cancer aside, the whole premature aging and wrinkles bit isn't that appetizing either. So if the possibility of endangering your health isn't enough to get you to lather up, let the narcissism roar with the new Sun Performance SunCare Collection Estée Lauder. "Exclusive technology" minimizes the appearance of dark spots - one of the first signs of premature aging - and helps keep your tan looking even. www.esteelauder.com

AloeUp

Greaseless and waterproof are essential when shopping for the perfect sunscreen, but as a true sportsman, a fragrance free, hypoallergenic product sounds pretty good, too. The Pro Sport SPF 30 gives you all that protection plus a patented dry lotion formula that's 35% Aloe Vera gel. Soothing! www.aloeup.com.

KINeSYS

If you could eliminate one annoying feature in applying sunscreen, what would it be? How about having to use your hands? Kinesys sunscreens are applied using a fine mist spray that, unlike similar products, doesn't have alcohol in it. That means you get an even application - beautiful. Kiss oily hands goodbye. And hey, 250 dermatologists recommend it. www.kinesys.com.

Rocky Mountain Sunscreen

Like fast results? Not to crush your valiant past attempts at using sunscreen, but without leaving 15-30 minutes for the lotion to settle in, you might be more unprotected than you hoped. That is, unless your sunscreen uses Titanium Dioxide SPF 50 by Rocky Mountain Sunscreen. We're talking instantaneous protection. This product physically reflects UV radiation before it hits your skin. www.rmsunscreen.com

How To Play It Water Safe

Know your environment- Be aware of the local environment, conditions and weather before entering the water. There are different safety rules for beaches, rivers, lakes and public or private swimming pools.

Behave safely- Obey all water safety signs, don't drink alcohol while in charge of a boat and make sure someone is looking out for you.

Learn to swim - Being able to swim is an essential water safety skill. Everybody, especially school age children, should be taught to swim, and to stay afloat. If they get into trouble they should know basic survival skills.

Supervision- Supervision means constant watching, not occasionally glancing at your child while you read or snooze. Don't forget to supervise children near pools, rivers, beaches, fish ponds, dams and bathtubs. It takes only seconds for a child to drown.

Water Safety Tips at Home

- * Supervision means constant visual contact, not the occasional glance.
- * If you leave the pool or water area, even for a moment, take the children with you.
- * A swimming pool fence is not a substitute for supervision.
- * Display a resuscitation chart on your pool fence.
- * Familiarize children with water by taking them to lessons at the local pool.
- * Empty paddle pools when they are not in use.
- * Empty baths, basins, sinks and troughs immediately after use.

Beach Safety Tips

- * Always swim at a beach patrolled by lifesavers.
- * Swim between the flags. They mark the safest areas to swim.
- * Always swim under supervision or with a friend.
- * Read and obey the safety signs.
- * If you are unsure of conditions, ask a lifesaver.
- * Always go Surfing with someone else
- * Don't swim directly after a meal.
- * Don't swim under the influence of alcohol or drugs.
- * Don't run and dive in the water.
- Never dive into unknown water.
- Always check it's OK to swim.
- Check the depth
- Always check for submerged objects.
- * Check it's okay to swim before you enter the water, conditions change regularly.
- * Be Sun Smart use at least 15+ sunscreen, wear a long-sleeve shirt and broad brimmed hat.
- * If you get caught in a rip at a patrolled beach, do not panic. Float with the rip and raise one arm for assistance.

Always Wear A Life Jacket

- If you are a child under 12
- When boating alone
- If you are a weak swimmer
- At night
- When crossing a bar
- At the first sign of bad weather

Boat Safety Tips

Don't drink and boat
Maintain a good lookout
Operate boat a safe speed
Always let someone know where you are going, your point of departure and when you plan to return.

Man Overboard

If you fall overboard, or are swept out to sea, or are caught in a river current, stay calm. You can stay afloat for a long time, even if you are exhausted. Some things to remember:

- Use any available buoyant object to assist flotation.
- Remain as still as possible to conserve energy and reduce heat loss.
- If you must swim, use slow relaxed strokes.
- Breathe in a regular and controlled manner.
- To attract attention, float on your back and raise one arm. Waving both arms makes it very difficult to keep your head above water.