

# Know the Code – Be Safety-Conscious on the Slopes!

## Lesson Overview

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During this lesson, students will review the main safety standards for alpine skiing and snowboarding and apply the Alpine Responsibility Code to situations that skiers and snowboarders may encounter.

## Overall and Specific Expectations

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- PPL 10: 1, 1.5; A3, A3.1
- PPL 20: 1, 1.5; A3, A3.1
- PPL 30: 1, 1.5; A3, A3.1
- PPL 40: 1, 1.5; A3, A3.1

## Learning Goals

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- I can behave responsibly and apply appropriate safety rules and procedures that maximize my safety and that of others during outdoor activities.
- I can think critically to analyze situations, evaluate my choices and make safe decisions in a variety of situations.

## Materials

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- Multiple Choice Questions and answers (from the Action section of this lesson)
- **Student Resource: Know the Code – Be Safety-Conscious on the Slopes! - Exit Card**

- The Canadian Ski Patrol's Alpine Responsibility Code

## Ontario Physical Activity Safety Standards in Education

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### Activities

- Skiing (Alpine)
- Snowblading
- Snowboarding

### Tools and Resources

- Concussions
- Disability-Centred Safety
- First Aid Plan and First Aid Emergency Response
- Outside Activity Providers

### Other

### Risk Management

## Assessment for Learning

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At the beginning of the lesson, work with students to co-create criteria for assessing knowledge and skills needed to apply safety rules and procedures during outdoor education activities.

**Multiple Choice Questions:** Encourage the students to complete the Multiple Choice questions in the Action section in order to check their knowledge of the Alpine Responsibility Code and how to behave safely on the slopes.

**Exit Card:** Review the co-created criteria with students. Invite students to reflect on the number of Multiple Choice questions they answered correctly and then complete the *Student Resource: Know the Code ? Be Safety-Conscious on the Slopes! - Exit Card* from the Consolidation section.

Use the sample criteria below to assess the students' learning and provide feedback: I know what I can do to reduce safety risks on the slopes.

Collect and review students' answers to the Multiple Choice questions and *Student Resource: Know the Code ? Be Safety-Conscious on the Slopes! - Exit Card*. Use the co-created criteria and answer key questions to evaluate student learning and offer feedback. If needed, provide feedback to individual students or the entire group, to clarify or reinforce their understanding of alpine skiing safety, and answer any remaining questions.

## Minds On

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Alpine skiing and snowboarding are fun activities for students and the general public on ski slopes across Ontario and beyond. Tell students that most injuries that occur during alpine sports are caused by collisions on the slopes or by excessive speeds in reduced-speed zones. Most common injuries (for example, knee sprains, broken bones, dislocations) can be prevented by following a set of principles and rules that alpine enthusiasts should know well before participating, called The Alpine Responsibility Code.

## Action

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Tell students that the Alpine Responsibility Code was created to help manage visitors' experiences and risks in the front and back country so that everyone can ski and snowboard while preventing injuries or accidents. It acts as a 'traffic code' for alpine skiing and snowboarding.

Review the Alpine Responsibility Code with students. Tell them they should review it occasionally before going alpine skiing or snowboarding.

After reviewing the principal code elements, have students complete these Multiple Choice questions to check their knowledge of the code and their readiness to put the Code into practice in real situations.

## Multiple Choice Questions

Choose the correct response for each question:

- On the slopes, it's \_\_ (The correct answer is b.)

- (a) every person for themselves.
- (b) important to be aware and courteous of those around you.
- (c) necessary to live in constant fear of getting hit.
- Knowing how to stop \_\_ (*The correct answer is b.*)
  - (a) is hard. I never learned and don't need to.
  - (b) is necessary to maintain control and avoid other people and objects.
  - (c) is not as fun as hitting sick jumps.
- People ahead of you \_\_ (*The correct answer is b.*)
  - (a) are fun to spray with snow.
  - (b) should always get the right of way.
  - (c) never get the right of way.
- If you need to stop and wait for your friend \_\_ (*The correct answer is c.*)
  - (a) you stand in the middle of the run so he or she will see you.
  - (b) you hide behind some trees so you can jump out and surprise them as a joke.
  - (c) you stop to the side of the run or trail as to not obstruct other people.
- Before starting downhill or merging onto a trail, \_\_ (*The correct answer is a.*)
  - (a) shoulder check, look up, and yield to others.
  - (b) scream, "HEY EVERYONE WATCH THIS!"
  - (c) go as slow as you can, or even just go home.
- If you witness a collision or an accident, \_\_ (*The correct answer is b.*)
  - (a) let the victim know you have called Ski Patrol, then you're free to go.
  - (b) stay with the victim until Ski Patrol arrives and identify yourself as a witness.
  - (c) wait for a Ski Patroller to ski by and notice the accident.

- To prevent runaway equipment, \_\_ (*The correct answer is b.*)
  - (a) use proper devices like ski breaks and leashes.
  - (b) wear your equipment at all times.
  - (c) that's a silly question – the equipment can't run.
  
- Signs and warning markers are there for you to \_\_ (*The correct answer is b.*)
  - (a) smack with your poles and shred underneath.
  - (b) observe and obey.
  - (c) take selfies with.
  
- Closed trails and closed areas are \_\_ (*The correct answer is a.*)
  - (a) closed for a reason, so it's important to stay out.
  - (b) where you find the best powder, and cliffs aren't really a concern.
  - (c) where all the bears hibernate.
  
- Do not use the lifts or terrain if you are \_\_ (*The correct answer is c.*)
  - (a) wearing a helmet.
  - (b) chewing gum.
  - (c) impaired by drugs and alcohol.
  
- If you don't know how to load or unload from the lifts, you should \_\_ (*The correct answer is a.*)
  - (a) ask a liftie because they're really friendly, nice people.
  - (b) figure it out as you go.
  - (c) walk up the hill.
  
- Green runs are \_\_ (*The correct answer is b.*)
  - (a) groomed better, so they are better for racing.
  - (b) all considered slow zones.

- (c) where you eat French fries and pizza.
- The role of Ski Patrol is to \_\_ (*The correct answer is b.*)
  - (a) enforce.
  - (b) educate.
  - (c) triangulate.
- Just like when driving a car, on the slopes you must \_ (*The correct answer is a.*)
  - (a) always shoulder check.
  - (b) blast your tunes extra loud.
  - (c) defrost your skis or snowboard before use.

(Questions: Big White Ski Resort, 2017)

**Point calculation:**

- 1–5 correct answers: Study the Alpine Responsibility Code before you go on the slopes.
- 6–10 correct answers: You know some items but should review the Alpine Responsibility Code so you are able to act safely on the slopes.
- 11–14 correct answers: You are good to go on the slopes! Review the Alpine Responsibility Code regularly.

## Consolidation

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Ask students who are experienced skiers to give concrete examples of situations in which they observed people not respecting the Alpine Responsibility Code, or situations where novice skiers or snowboarders should pay particular attention. A group discussion would be useful in moving the Alpine Responsibility Code from theory to a set of principles to be applied to all alpine skiing and snowboarding situations.

Have students fill out their *Student Resource: Know the Code ? Be Safety-Conscious on the Slopes! - Exit Card*.

## Notes to Teachers

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Remember to check school board policies and procedures applicable to any outdoor education activity.

Additional Resources:

- [SportMedBC: Best People. Best Practice. Best Programs.](#)
- [Research Gate - Sports Medicine: Alpine Ski Injuries and Their Prevention.](#)

## Reference

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Big White Ski Resort. (2017). [Alpine Responsibility Code Quiz.](#)