

## 65: snow safety

1	Loose boots — or loose laces — mean lack of control when skiing.	YES
2	Tight boots mean blisters, cramp, & cold feet (due to restricted circulation).	YES
3	In the snow, you can get sunburnt from above & below, so you have apply sun cream up your nose.	YES
4	Handling snow soaks your gloves & makes your hands cold.	YES
5	Being hit in the face with a hard snowball is like being hit with a shard of glass.	YES
6	“Angel dives” into soft snow are dangerous because you don’t know what is under the snow.	YES
7	Eating yellow snow is bad karma.	YES
8	Tobogganing on japarahs, plastic sheets & even toboggans can damage your spine.	YES
9	Smoking/drinking alcohol keeps you warmer by raising the temperature of your extremities.	NO
10	In Australia, we keep left on roads & we keep left on ski trails.	YES
11	You can regulate body heat by a) adjusting layers & b) going either slower or faster.	YES
12	It is better to fall on your bum than your face, knees, hand or elbow. <b>(FALL TO ONE SIDE.)</b>	YES
13	Black runs are the best fun for beginners, especially when they are icy.	NO
14	Skiing into a tree at 100mph is an effective way to stop. <b>(NOT RECOMMENDED.)</b>	YES
15	Trying to brake with your poles out in front is a good way to dislocate your shoulders.	YES
16	Poles were designed to push you along, not digging, flicking snow or sword fighting.	YES
17	Pole tips tucked under your arms, when going downhill, can take out someone’s eye.	YES
18	If you are about to fall, you should wave your poles in the air in a totally uncool pole dance.	NO
19	Not putting hands through pole straps means losing poles when you fall over.	YES
20	Wide bases of support & a low centre of gravity are the keys to balancing.	YES
21	Skiing in control means skiing slow enough to turn or stop.	YES
22	It is important to get as much “air” whenever you can.	NO
23	If you fall over on a trail, it is best to take your time getting out of the way of other skiers.	NO
24	Always give way to skiers coming down from above.	YES
25	The sign for danger is crossed skis.	YES
26	It is bad karma to rest under snow-laden snowgums on a sunny day.	YES
27	Anyone injured needs to be sheltered from the weather & insulated from the snow.	YES

## footprints answers

28	If you are caught out overnight, digging a snow trench could save your life.	<b>YES</b>
29	Mountain weather is very changeable.	<b>YES</b>
30	Wind speed tends to be greater at altitude because there is less friction.	<b>YES</b>
31	Summits are exposed to high wind & should be avoided in bad weather.	<b>YES</b>
32	Total whiteouts are a good opportunity to sneak off for a smoke.	<b>NO</b>
33	You always need to allow heaps of time to get back to the car park.	<b>YES</b>
34	It is harder for beginners to go down a mountain than up a mountain.	<b>YES</b>
35	If you lose your Raybans or Gucci gloves, don't worry: your folks will buy you heaps more.	maybe