

Ski Safely with CCCSC

There are inherent hazards in ski touring which could lead to injury or death, or to loss or damage to property.

CCCSC ski tour safety procedures to manage these hazards and consequences (risks) include advice, lodgement of a Tour Intention Form and loan of PLBs where appropriate.

Whether you ski tour with CCCSC or others you owe a duty of care to other participants and the public. If you are the tour leader, or are more experienced, you owe a higher duty of care. If someone suffers injury or loss because you did not provide the level of care that a court considers reasonable in the circumstances, a court may require you to pay damages.

Members participating in a CCCSC ski tour are insured for General Indemnity, Professional Liability and Management Indemnity through Ski and Snowboard Australia (SSA).

To participate in a CCCSC ski tour:

Read the primary ski tour safety documents on the CCCSC website:

- *CCCSC Advice to Ski Tour Participants;*
- *CCCSC Tour Intention Form/Acknowledgement of Risks and Obligations;*
- *CCCSC Medical Information and Emergency Contact;*
- *CCCSC Emergency Procedures;*

Read the supplementary ski tour safety documents on the CCCSC website:

- *CCCSC Advice to Ski Tour Leaders;*
- *CCCSC Tour Grading;*
- *CCCSC Equipment List;*
- *CCCSC Incident Report;*
- *CCCSC Code of Conduct;*
- *CCCSC Complaint Procedure;*
- *CCCSC Guide to Transport Costs, and*
- *Driving in the Snow.*

Find a tour to match your abilities and fitness

Look for tours on the CCCSC website, newsletter, Facebook page and at social meetings. Read the *CCCSC Tour Intention Form* and *CCCSC Tour Grading* and advise the leader of your ability and fitness. Advise the leader (and carry a Medical Information sheet in a waterproof sleeve in your pack) if you are taking any medication or have any physical or other limitation that might affect your participation in the tour. You will be required to sign the *Acknowledgement of Risks and Obligations* on the *CCCSC Tour Intention Form* before participating

Join early

Join the tour early. Closing time for bookings is usually 2pm on the Thursday before a weekend tour. An early booking helps ensure you get a place on the tour and helps the leader to organise car pooling. If you need to withdraw from a trip notify the leader as soon as possible. Visitors are welcome on up to three CCCSC trips as Temporary Members.

Be punctual

Allow about 3 hours for the drive from Canberra to the snow-fields, including rest stops. It takes about 2 hours to drive to Jindabyne and about 1:45 hours to drive to Adaminaby.

Although most tours are fairly relaxed, no-one wants to hang around waiting for the last carload to arrive. If you expect to be late phone the tour leader and leave them a message. If you are not on time for a pick up or meeting, you can be left behind.

Offer to drive your car and take passengers

On most tours, there is car pooling with the travel costs (including park entry fees) shared equally among all participants. Observe the *CCCSC Guide to Transport Costs*. Contact your driver to confirm their requirements. One of the hardest tasks for a tour leader is organising cars to get everyone to and from the tour. Willing drivers and available cars make it easier.

Tell the leader if you will need to hire skis in Cooma or Jindabyne

It will take an extra half hour to hire gear, which needs to be built into transport arrangements, and means your fellow travellers will be forewarned that they'll need to wait for you.

Wear correct clothing

Wearing unsuitable clothing will make your day uncomfortable and could endanger your life. Remember: No cotton, and have a waterproof coat. Read the *CCCSC Equipment List*.

Carry enough food and water

You will need lunch, snacks and at least 1 litre of water.

Know where you are

This will help you when you wish to lead a tour. It can help the leader or navigator, for the occasional times when they are unsure of exactly where the group is.

Keep together and watch the rest of the group

Keep the person ahead and the person behind in sight. Stop and wait until the person behind you is in sight. Stop and wait at divergence points until the person behind you can see which way you go. The person in front of you should similarly stop and wait for you.

Know how many people are before and behind you and their physical state. In a large group, concentrate on the 2 before and 2 behind you and everyone who arrived in your car.

Tell someone else before dropping behind when nature calls or if leaving the group.

If you become separated from the group, call out immediately. If there is no response remain where you are. Do not keep going if you are not sure of the group's direction. The rest of the group will come back for you when they realise you are out of sight.

Phone the leader or another participant, or turn your phone on so they can phone you.

Do not call in emergency services unless you have given the group time to find or phone you.

Bring spare clothes and money

Bring spare clothes to change into at the end of the trip if you think you might get wet. Bring sufficient money to reimburse the driver for petrol. Bring \$42 for a Perisher SkiTube return trip if the driver elects to use it in preference to driving up the mountain. Bring \$32 for a Thredbo chairlift ride if you tour there.

Thank the tour leader

Tour leaders are all volunteers. On some warm sunny days you'll find them day dreaming about skiing in more remote areas IF they hadn't volunteered their time for CCCSC.

Write an article about the tour for the CCCSC newsletter

Tell everyone else what a great tour you had to encourage them to go themselves.