

GUIDELINES FOR SNOW ACTIVITIES

Groups organising Snow activities need to plan carefully.



RATIO OF LEADERS TO GIRLS

- Ski Village Area Overnight Camp (as per *Guide Lines* 5.1& 5.1.1)
- For one Day Visit For Staffing Ratios (refer to *Guides Lines* 5.1.1)
- Non-village Area 1:5 for day and overnight excursions – Min. 3 adults
- These are minimum requirements. Consider the age of the group, the program, weather and location in deciding whether an increase in Leaders is appropriate

CLOTHING

- Emphasise **specialist snow, woollen and waterproof** clothing.
- To reduce the risk of hypothermia, girls must be adequately clothed for the coldest conditions.
- Wool retains most of its insulation value even when wet.
- Thermal-wear or down has good insulation, but is expensive.
- **NO jeans, windcheaters or cotton clothing**, as they absorb water easily and are **very** cold when wet.
- Two pairs of track pants and woollen jumpers will keep you warmer and dryer.
- Several layers of clothing are better than one thick one, as they trap the warm air between the layers.

YOU WILL NEED

<ul style="list-style-type: none"> • Sunscreen - sunburn and cracked lips can be a serious problem, because of the reflection off the snow 	<ul style="list-style-type: none"> • Long trousers (preferably woollen) with waterproof overpants, or padded ski pants or ski suit. 	<ul style="list-style-type: none"> • Woollen or thermal beanie that will pull down over the ears or a balaclava
<ul style="list-style-type: none"> • Woollen or thermal socks 	<ul style="list-style-type: none"> • Strong, comfortable, waterproof footwear 	<ul style="list-style-type: none"> • Warm underclothing
<ul style="list-style-type: none"> • Warm woollen or thermal top and jumper 	<ul style="list-style-type: none"> • Ski goggles or sunglasses – essential 	<ul style="list-style-type: none"> • Wind & waterproof jacket with hood
<ul style="list-style-type: none"> • Woollen or thermal mittens or ski glove 	<ul style="list-style-type: none"> • Several handkerchiefs - tissues don't last 	<ul style="list-style-type: none"> • Plenty of drinks and energy snacks
<ul style="list-style-type: none"> • A small day pack or bum-bag to carry snacks, sunscreen, drinks, whistle etc. 	<ul style="list-style-type: none"> • Each person must have a complete change of clothing, even for a day trip, (including undies and shoes) in a waterproof bag. 	

EMERGENCY RATIONS (In back pack or pockets)

Chocolate / scroggin & drink, candle, matches (wrapped and waterproof), whistle, First Aid kit, triangular & crepe bandages, bandaids, space blanket (small plastic pack), change of socks, hat, gloves, sunscreen for face and lips, handkerchiefs, a little toilet paper.

FITNESS

- Snow activities, especially skiing, can be very physically demanding, particularly for the beginner skier.
- Preliminary training is essential to reduce the risk of injury and to make the most of the skiing experience.
- Preliminary training should build up strength and flexibility, especially in the knees, legs, hips, shoulders and arm muscles.
- Circuit-training programs and exercises simulating skiing movements are not difficult to organise.
- For Nordic skiing (cross country), particular emphasis should be placed on the arms and shoulders.

FOOD

- The body requires extra fuel in order to keep itself warm in cold, alpine conditions.
- Remember to cater for increased appetites, particularly with hearty breakfasts and a good lunch.
- Fluid intake also needs to be increased as cold weather, low humidity and exertion dehydrates the body.
- Carry snacks in your pocket or bum-bag. Mars Bars or chocolate, raisins, nuts are good energy food.

SAFETY

Check weather conditions	Girls should know the name and phone number of their Leader's and the Emergency Contact Person
Have a definite meeting place and time.	Girls should know the name and number of their bus or car.
Have a definite program for all excursions.	Tell girls what to do if they become separated from the group
Everyone should carry a whistle.	Leaders should know how the emergency services operate, and how to get help should the need arise.
Leaders should make themselves familiar with the area in which the activity is to take place. This includes knowledge of the general layout, ski tows, pole lines, markers, lodges, shops, medical assistance and toilet facilities	Leaders should be experienced in the activity planned, and in recognising the signs and symptoms of hypothermia and the treatment necessary.
Girls must be made aware of the boundaries within which they must stay, their behaviour and their commitment to the group.	Have a well defined program of activities that ensures girls are supervised at all times.
Each Leader should be aware of the total program and of her specific responsibilities.	Under no circumstances should girls be permitted to wander on their own, neither through Ski Villages or along tracks in Non-Resort Areas.

- **If your excursion is to an area other than a Ski Village the preparation, organisation and supervision needs to be of the highest standard.**
- **Your itinerary, with full details of names and phone numbers should be left with your contact person.**

SKIING

Leaders should be familiar with alpine and snow conditions, and have a knowledge of the area to be visited.

Weather conditions can be changeable and extremely hazardous.

Leaders should be competent skiers and implement a training program to prepare their girls, which includes:

● Never allow anyone to ski alone	● Wear distinctive armbands or hats, etc.	● Use the buddy system at least four in a group	● Ski safely and in control
● Vocabulary of skiing terms	● Demonstration of equipment	● Keep taking a head count	● Exercises

SNOW & SKI EQUIPMENT

- Ski parkas, pants and suits can be hired in Melbourne
- Skis, boots and other equipment is best hired on the mountain, so it can be exchanged if you have any problems or breakages
- Chains (that fit your car tyres) must be carried in snow areas. Hire them in Melbourne and try them on.

SNOWBALL FIGHTS

- Snow fights can be fun with soft snow, but are also very dangerous if the snow is packed into a tight, hard ball.

TOBOGGANING

- Tobogganing is a very dangerous activity; responsible for producing a number of paraplegic and quadriplegic accident victims each year.
- Particular care must be taken if this activity is to be included in the program.
- Ski Villages have special areas for tobogganing.
- Do not toboggan on ski slopes.
- Only moulded plastic toboggans should be used and in a kneeling position - not plastic sheeting or tyre tubes which provide no protection to the base of the spine.

NOTE

The Adventurous Activity Form (OA.15) must be sent to your District Manager **AT LEAST SIX WEEKS BEFORE THE ACTIVITY**

The Region Outdoor Committee must be advised of the activity.

The Adventurous Activity Form must be sent to the Volunteer Coordinator to give permission for the activity.

**These are general guidelines and will vary a little according to the location, age of group, weather and proposed program.
Have fun!**