

Curriculum activity risk assessment:

Snow Sports: Skiing and Snowboarding

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Activity Scope

This document relates to snow skiing, cross country skiing and snowboarding as a curriculum activity. The following guidelines refer to Alpine and Nordic skiing and snowboarding primarily undertaken within or near established ski-village recreation areas with ready access to emergency assistance.

This curriculum activity risk assessment does not include ski touring, snow tubing or tobogganing. Separate risk assessment considerations are recommended for these and other snow sports and activities.



Risk level

This document is a guideline, the actual risk level will vary according to the specific circumstances of the activity and these **must** be considered when assessing the inherent risk level and planning the activity. As a starting point, ask the following questions:

- Which students will be involved?
- Where will the students be?
- What will the students be doing?
- Who will be leading the activity?
- What will the students be using?

Inherent risk level		Action required/approval
<input type="checkbox"/>	<p>High</p> <p>Likely chance of a serious incident and injury requiring medical treatment.</p> <p>Applies to: Alpine Skiing - Beginner and Intermediate ski trails (dependent on student skill level)</p>	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> A Curriculum Activity Risk Assessment must be completed. <input checked="" type="checkbox"/> Principal approval prior to conducting this activity is required. <input checked="" type="checkbox"/> Parental permission must be obtained for student participation. <input checked="" type="checkbox"/> Once approved, activity details are to be entered into the <i>School Curriculum Activity Register</i>.
<input type="checkbox"/>	<p>Extreme</p> <p>Applies to: Alpine Skiing - Advanced ski trails and Cross Country</p>	

Teachers/leaders:		
Activity description:		
Start date:	Finish date:	No. of students (approx.):
Class groups:		Supervision ratio (approx.):

Listed below are the minimum recommendations for this type of activity. For any items ticked 'No', provide further information regarding the additional or alternate controls to be implemented for the safe conduct of the activity.

Minimum Supervision
<p>At least two adults are to be present.</p> <p>The following adult to student ratios are recommended:</p> <ul style="list-style-type: none"> Alpine skiing and snowboarding: 1:12 Cross Country/Nordic skiing and snowboarding: 1:10 <p>In certain situations, judgment may dictate smaller or larger numbers, several variables can affect this decision, including but not limited to:</p> <ul style="list-style-type: none"> outcomes of the risk management process the leaders' experience participants' expected capabilities (i.e. age, experience, competence, fitness) type, difficulties, distance and condition of trails, vehicle tracks or roads, terrain conditions (environment, weather) planned duration of the activity number of participants and optimum group size remoteness of the activity suitability and availability of equipment likelihood of leader becoming incapacitated or separated from participants. <p>A registered teacher should ensure that students are supervised at all times.</p> <p>If an adult other than a registered teacher is engaged for instruction, a teacher should be present to take overall responsibility. Blue Card requirements and Working with Children Checks must be adhered to.</p> <p><input type="checkbox"/> Registered teacher with minimum qualifications as outlined below OR <input type="checkbox"/> Registered teacher and an adult with minimum qualifications as outlined below.</p> <p>Further information:</p>

Minimum Qualifications

The qualifications listed in this section are minimums for each type of situation. Leaders are encouraged to seek training to raise their qualification level above the minimum listed.

- Current first aid qualifications including Cardio Pulmonary Resuscitation (CPR) or ready access to first aid facilities, including qualified personnel
- OR**
- Remote area first aid if operating more than one hour away from emergency services
- AND**
- Access to first aid facilities, including qualified personnel.

- The leader **must** have a sound technical background in the activity being undertaken ([alpine skiing](#), [Nordic skiing](#), [snowboarding](#), [telemark](#)) and be a competent skier. They should have an excellent understanding of the danger of [hypothermia](#) and its treatment.

Alpine Skiing

For adult instructing the activity in alpine skiing

- A statement of attainment from a registered training organisation or governing sporting body covering the following units of competency [or equivalent](#):
 - SISOSKI403A Alpine ski downhill on advanced terrain
 - SISOSKI402A Alpine ski downhill on intermediate terrain
 - SISOSKI405A Alpine free ski on all terrain
 - SISOSKI408A Instruct alpine skiing skills
- OR**
- Equivalent documented training and experience in alpine skiing from a credible training provider or education institution.

Nordic Skiing

For the adult instructing the activity in cross country skiing

- A statement of attainment from a registered training organisation or governing sporting body covering the following units of competency [or equivalent](#):
 - SISOSKT409A Apply intermediate cross country skiing skills
 - SISOSKT411A Instruct cross country skiing
- OR**
- Equivalent documented training and experience in cross country skiing from a credible training provider or education institution
- AND**
- The leader should have the following competencies to undertake this activity:
 - be a highly competent cross country skier and trained in first aid
 - be able to effect basic repairs to ski gear using a repair kit which will be carried by the leader
 - be familiar with the area being skied
 - have route planning/navigation skills, taking into account weather conditions, escape routes and the ability of the group.

For the adult instructing the activity in telemark skiing

A statement of attainment from a registered training organisation or governing sporting body covering the following units of competency [or equivalent](#):

- SISOSKI406A Telemark ski downhill on intermediate terrain
- SISOSKI408A Instruct alpine skiing skills

OR

Equivalent documented training and experience in telemark skiing from a credible training provider or education institution.

Snowboarding

For the adult instructing the activity in snowboarding

A statement of attainment from a registered training organisation or governing sporting body covering the following units of competency [or equivalent](#):

- SISOSKB407A Instruct snowboarding
- SISOSKB303A Guide day snowboarding activities

OR

Equivalent documented training and experience in snowboarding from a credible training provider or education institution.

Further information:

Minimum Equipment/Facilities	Yes	No
First aid kit suitable for activity	<input type="checkbox"/>	<input type="checkbox"/>
<p>Communication system</p> <p>Electronic and other equipment that can be damaged by water is to be carried in water resistant containers. Leaders are responsible for determining the equipment to be carried by all participants. The following communication equipment should be carried as appropriate for the activity and area of operation:</p> <p> <input type="checkbox"/> phone-line at location <input type="checkbox"/> mobile phone <input type="checkbox"/> satellite phone/UHF radio <input type="checkbox"/> PLB (personal locator beacon) <input type="checkbox"/> walkie talkies Other: </p>		
Leaders' contact details should be left with a responsible adult not included in the activity, e.g. ski patrol	<input type="checkbox"/>	<input type="checkbox"/>
Sunscreen, e.g. an SPF30+, broad spectrum, water resistant sunscreen and a hat or cap when appropriate	<input type="checkbox"/>	<input type="checkbox"/>
Wrist guards when snowboarding	<input type="checkbox"/>	<input type="checkbox"/>
Snow goggles or quality sun glasses are essential. Lenses must be impact resistant and offer 100% UV protection	<input type="checkbox"/>	<input type="checkbox"/>
A whistle for each skier for cross country activities	<input type="checkbox"/>	<input type="checkbox"/>
A small day pack for food, drinks, and sunscreen is recommended. These items are essential for cross country skiing.	<input type="checkbox"/>	<input type="checkbox"/>
Bindings on skis and snowboards must be properly adjusted (preferably by a qualified technician). Snowboards are to have brakes or retention straps.	<input type="checkbox"/>	<input type="checkbox"/>
Helmets for all students participating in all skiing and snowboarding activities, Australian Standards approved cycle helmets may be used	<input type="checkbox"/>	<input type="checkbox"/>
Sufficient food and fluids, i.e. drinking water (students should not share drinking containers)	<input type="checkbox"/>	<input type="checkbox"/>
Sufficient space at any finish lines to allow for deceleration	<input type="checkbox"/>	<input type="checkbox"/>
Further information:		

Governing Bodies/Associations	Yes	No
<p>Guidelines/codes of practice are established for this activity.</p> <p>Have these been considered during the planning and performance of this activity?</p>	<input type="checkbox"/>	<input type="checkbox"/>
Further information:		

Hazards/Risks	Control Measures	Yes	No	Implementation Plan/ Additional Controls
	<ul style="list-style-type: none"> • Ensure adequate adult supervision. • Ensure systems are in place to monitor student numbers. • Jewellery can be a serious hazard when undertaking many activities. All forms of jewellery should be considered in terms of the risk it presents for each activity. Procedures should be put in place to ban, dissuade or protect (e.g. tape) the wearing of jewellery accordingly. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Additional Control Measures These would relate to the specific student needs, location and conditions in which you are conducting your activity.	
Hazards/Risks	Control Measures

Submitted by:	Date:
List the names of those who were involved in the preparation of this risk assessment.	

Approval	
<input type="checkbox"/>	Approved as submitted:
<input type="checkbox"/>	Approved with the following condition(s):
<input type="checkbox"/>	Not approved for the following reason(s):
By:	Designation:
Signed:	Date:
Once approved, activity details should be entered into the <i>School Curriculum Activity Register</i> by administrative staff.	Reference no.

Monitor and review <i>To be completed during and/or after the activity and/or at the completion of the series of activities.</i>	Yes	No
Are the control measures still effective?	<input type="checkbox"/>	<input type="checkbox"/>
Have there been any changes?	<input type="checkbox"/>	<input type="checkbox"/>
Are further actions required?	<input type="checkbox"/>	<input type="checkbox"/>
Details:		

Important Links

- HLS-PR-003: First Aid
<http://education.qld.gov.au/strategic/epr/health/hlspr003/>
- HLS-PR-004: Infection Control and Management of Prescribed Contagious Conditions
<http://education.qld.gov.au/strategic/epr/health/hlspr004/>
- Infection Control Guideline:
http://education.qld.gov.au/health/pdfs/healthsafety/infection_control_guideline.pdf
- HLS-PR-005: Health and Safety incident recording and notification
<http://education.qld.gov.au/strategic/epr/health/hlspr005/>
- HLS-PR-013: Developing a Sun Safety Strategy
<http://education.qld.gov.au/strategic/epr/health/hlspr013/>
- HRM-PR-010: Working with Children Check – Blue Cards
<http://education.qld.gov.au/strategic/epr/hr/hrmpr010/>
- SCM-PR-002: School Excursions
<http://education.qld.gov.au/strategic/epr/schools/scmpr002/>
- National Outdoor Leader Registration Scheme
http://www.qorf.org.au/01_cms/details.asp?ID=353
- Queensland Adventure Activity Standards
http://www.qorf.org.au/01_cms/details.asp?ID=1048
- Snowsafe – A Guide to Safety in Alpine Areas
<http://www.snowsafesafe.org.au/index.htm>
- Snowsafe – Alpine Responsibility Code
<http://www.snowsafesafe.org.au/code.htm>
- Australian Institute of Sport – Alpine Skiing
http://www.ausport.gov.au/ais/nutrition/factsheets/sports/alpine_skiing
- Australian Institute of Sport – Nordic Skiing
http://www.ausport.gov.au/ais/nutrition/factsheets/sports/nordic_skiing
- National Child Protection Clearinghouse – Working with Children check
<http://www.aifs.gov.au/nch/pubs/sheets/rs13/rs13.html>
- Australian Competition and Consumer Commission – Product Safety Australia
<http://www.productsafety.gov.au/content/index.phtml/itemId/974624>

Further information

For further information on incorporating risk management strategies into curriculum activity planning refer to [HLS-PR-012: Managing Risks in School Curriculum Activities](#) and the associated list of [Curriculum Activity Risk Management Guidelines](#).

For further support with risk management training and advice, contact trained staff in schools such as Workplace Health and Safety Officers (WHSOs) and Workplace Health and Safety Representatives (WHSRs), and regional staff such as Senior Health and Safety Consultants.