

**NATRONA COUNTY SCHOOL DISTRICT
SPORTS SAFETY AND RISK MANAGEMENT PROGRAM**

**SKI – ALPINE
CHECKLIST OF PROCEDURES**

A. Film – “Sports and Activities: Know the Risks” to be viewed by all coaches and athletes. All athletes must see film and sign sheet.

Sign _____ Date _____

B. Emergency Action Plan is outlined, on file in the Athletic Director’s office and reviewed by all coaches. Emergency Action Plan should include the following information:

1. Separate plans should be developed for each facility.
 - a. Outline personnel and role.
 - b. Identify necessary equipment.
2. Availability of phones and access to 911.
3. Keys to gates/locks must be easily accessible.
4. Individual should be assigned to accompany athletes to hospital.

Sign _____ Date _____
Sign _____ Date _____
Sign _____ Date _____

C. Emergency procedure sheet – coaches must review. Coaches have read and understand procedures, including viewing the film “When the Cheering Stop.” Each coach has read and understands.

Sign _____ Date _____
Sign _____ Date _____
Sign _____ Date _____

D. Review procedures on environmental hazards including: heat illness recognition and prevention, lightning, cold etc. Review charts on lightning and cold hazards as well as review use of lightning detectors.

A. Explain procedures for dealing with injury and illness, including exposure to blood and / or other body fluids.

F. Review policies on “Supportive Undergarments” and “Sport Participation with Jewelry.”

G. Explain all drills and their purpose (conditioning, improving skills, safety).

H. Pre-season meetings are held with athletes and parents. Safety consideration and accident procedures are covered. A recognition form stating the potential hazards associated with the sport is signed by the skier and parent.

- I. Transportation to and from practice at Hogadon Ski Area is the athlete’s responsibility, but an effort is made to assist in developing car pools with responsible drivers. Travel to or from practice in the dark or under difficult driving conditions should be monitored by coaches. One bus will run from Sunrise making one round trip each day of practice days, when a driver is available and weather permits.
- J. Temperature and other weather factors are of extreme importance in alpine skiing. Appropriate dress will be stressed in parent meeting and monitored by the coach during practice.
- K. Athletes are responsible for the purchase and maintenance of their own equipment. Athletes are required to attend a tuning and maintenance clinic prior to on-snow practice. All equipment should be checked periodically and should meet standards provided by the manufacturer.
- L. Explain the guidelines set out by the Casper Parks and Recreation Department along with the “Rules and Regulations” of the Hogadon Ski Basin.
- M. Emergency medical equipment and attention is provided by Hogadon Ski Patrol who is certified by the National Ski Patrol. Appropriate emergency medical facilities are arranged at their discretion, such as Wyoming Medical Center, Fire Department EMT and the Life-Flight helicopter.
- N. In the event of an accident, it is the coach’s responsibility to contact the parent/guardian, the athlete’s personal physician and to accompany the athlete to treatment if such action is necessary.
- O. It is the coach’s responsibility to coordinate and communicate with the Parks Department and Natrona County Sheriff’s Office concerning road and weather conditions. Practice on the mountain will be cancelled by noon if conditions warrant.
- P. The wearing of a properly fitted and skier approved helmet is required in practice and competition.
- Q. All athletes have the right to leave an athletic site or activity, without fear of repercussion or penalty if they feel they are in danger.

