

Health and Safety Risk Assessment



Aspect: Skiing, Snowboarding, Racing,
Freestyle
Date of HSRA: 01/09/2022

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| 1 | Equipment – poor condition | Slope Users <i>Personal injury</i> | <ul style="list-style-type: none"> ▪ GSC staff shall ensure that the condition of all equipment is checked before issuing to slope users and upon the equipment’s return. ▪ Damaged equipment shall be removed from the storage racks until the equipment is fixed or replaced. ▪ GSC instructors to regularly monitor the condition of the equipment issued to slope users. Key parts to monitor shall be ski/snowboard bindings, bases, edges and breaks and boot laces/buckles. | GSC Staff | Before, during and after slope use |
| 2 | Equipment – not correct fit | Slope Users <i>Personal injury</i> | <ul style="list-style-type: none"> ▪ A full introduction to the main equipment will be provided by GSC staff before all first time Level 1 lessons. This introduction shall include, but will not be limited to, how to put ski/snowboard boots on correctly and correct length of skis/snowboards. ▪ GSC instructors should regularly monitor slope user’s equipment and recommend changing sizes or adjustments where necessary. Note: young children should be regularly monitored for growth spurts or | GSC Staff | Before and during slope use |

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| | | | dramatic weight changes and how this may affect their appropriate equipment size. | | |
| 3 | Equipment - bindings not set up correctly | Slope Users <i>Personal injury</i> | <ul style="list-style-type: none"> ▪ Ski and snowboard bindings shall only be set up by trained GSC staff. ▪ Should it become apparent that a binding has not been fitted correctly while on the slope, the slope user will be asked by GSC staff to return to the ski store immediately to re-fit their bindings. | GSC Staff | Before and during slope use |
| 4 | Carrying of equipment | GSC Staff Slope Users Non-Slope Users <i>Bumps and bruises</i> | <ul style="list-style-type: none"> ▪ A full introduction and demonstration shall be given by GSC staff to all first time Level 1 lessons. This introduction shall include appropriate ways to carry the equipment. ▪ GSC staff shall monitor slope users to ensure they are carrying equipment in a safe and suitable manner (e.g. holding skis and snowboards vertically rather than horizontally). ▪ Where slope users may be unable to carry all of their own equipment (e.g. young children), GSC staff may help carry some of the equipment | GSC Staff | Before, during and after slope use |
| 5 | Inexperienced instructors | GSC Staff Slope Users <i>Personal injury</i> | <ul style="list-style-type: none"> ▪ All lessons shall be delivered by fully qualified GSC instructors, who shall have as a minimum: <ul style="list-style-type: none"> ○ BASI Alpine/Snowboarding Level 1 ○ First aid qualification ○ Child safety qualification ○ Completed their shadowing hours (minimum 30 hours) ▪ Newly qualified instructors may be asked to deliver sections of a lesson as part of their shadowing hours. However, these sections shall always be directly supervised by a fully qualified GSC instructor. | GSC Staff | Before and during slope use |

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| | | | <ul style="list-style-type: none"> Only GSC instructors shall be allowed to teach/instruct on the GSC slopes. Should GSC staff suspect that a non-GSC instructor is teaching on the GSC slopes, GSC staff shall ask them to stop and may ask them to leave the slope. | | |
| 6 | Falling over | <p>GSC Staff Slope Users</p> <p><i>Bumps and bruises</i> <i>Personal injury</i></p> | <ul style="list-style-type: none"> Helmets shall be worn by all slope users under the age of 16. GSC staff shall ensure that all slope users are of an appropriate standard to use the slopes they are using. Gloves, long sleeves and long trousers are mandatory at all times on the slopes, regardless of the weather. GSC instructors shall ensure that all progressions, drills and exercises are suitable for the ability of each of their lessons. GSC instructors shall generally develop lessons targeting the weakest person in a group, rather than the strongest. GSC staff to ensure that each slope is cleared of equipment (e.g. cones, stubbies) at the end of each session. All GSC instructors will have up-to-date first aid training and qualifications. A full-stocked first aid kit will be available from the GSC office. Should first aid be required on the slope, a GSC instructor shall attend and, once the slope user is deemed to be okay, prioritise getting the slope users off of the slope. Should further first aid be required, a GSC instructor or other first aid qualified GSC staff member will provide aid. | GSC Staff | During and after slope use |

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| | | | <ul style="list-style-type: none"> Should an ambulance be required, GSC staff shall phone an ambulance immediately and wait with the slope user/provide further first aid until the paramedics arrive. | | |
| 7 | Tow – Poma tow and travelator | <p>Slope Users</p> <p><i>Personal injury</i></p> | <ul style="list-style-type: none"> A GSC instructor shall give all clients a full demonstration on the correct use of the tows before their client's first use of the tow. GSC staff shall monitor the slope regularly to ensure that all slope users are competent and safe in using the tow. Should a slope user fall off the tow, the emergency stop buttons shall be used where required to avoid collisions with other slope. GSC staff shall monitor and control the queue at the bottom of the tows to ensure that slope users are standing in a safe location, especially where there is a risk of a slope user being hit by a Poma tow on the main slope. | GSC Staff | Before and during slope use |
| 8 | Collision with barrier | <p>GSC Staff</p> <p>Slope Users</p> <p>Non-Slope Users</p> <p><i>Personal injury</i></p> | <ul style="list-style-type: none"> GSC instructors shall ensure that slope users are skiing on a slope and at a height appropriate to the slope user's abilities and the slope/weather conditions. | GSC Staff | During slope use |
| 9 | Collision with other slope users | <p>GSC Staff</p> <p>Slope Users</p> <p>Non-Slope Users</p> <p><i>Personal injury</i></p> | <ul style="list-style-type: none"> GSC staff shall continuously monitor the slopes to ensure that all slope users are in control of their speed and line. GSC instructors shall ensure that the people in their lessons are in control and aware of their responsibilities to other slope users. | GSC Staff | During slope use |

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| | | | <ul style="list-style-type: none"> ▪ GSC instructors shall ensure that Level 1 (beginner) lessons only ski unassisted when they have the ability to do so. ▪ GSC instructors shall develop lesson plans to take other slope users into account. ▪ Should GSC staff become concerned that an open practice slope user presents a risk to other slope users then that person may be asked to leave. | | |
| 10 | Use of ramps | Slope Users <i>Personal injury</i> | <ul style="list-style-type: none"> ▪ GSC instructor shall ensure that any slope user using the ramps are of an appropriate ability and that the slope is suitably clear for using the ramp. | GSC Staff | During slope use |
| 11 | Young slope users | Slope Users <i>Personal injury</i> | <ul style="list-style-type: none"> ▪ GSC instructors should always be aware that younger slope users may act in an unsafe manner without realising. GSC instructors should position themselves on the slope so they can best protect themselves and younger slope users. ▪ Young, novice slope users will generally require additional help compared to older, more experienced slope users. GSC instructors shall consider the age of their clients in their lesson plans and ensure that the activities are safe for the age of their clients. Some alterations to normal teaching styles may be required (e.g. using the travelator tow straight away with a private lesson or placing a younger client on your knee on the Poma tow). ▪ GSC instructors should be aware than a parent of a young child may look to interfere in a lesson or may present a distraction to the child. This may confuse the young child and lead to them becoming upset or lose concentration, which can increase the risk of falling. If a GSC instructor believes that interference or presence of | GSC Staff | During slope use |

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| | | | a parent is having a negative effect, the GSC instructor should politely discuss this with the parent. If the interference continues to happen, the GSC instructor should pass the incidents on to the GSC office staff. | | |
| 12 | Additional support needs | GSC Staff Slope Users <i>Personal injury</i> | <ul style="list-style-type: none"> ▪ Clients with additional support needs shall only be taught by experienced, competent GSC instructors. ▪ GSC instructors who have a client with additional support needs should discuss these needs with the client's parent or carer so as best to understand the needs and how best to proceed. | GSC Staff | Before and during slope use |
| 13 | Extreme weather – hot and/or sunny | GSC Staff Slope Users <i>Sun stroke</i> <i>Sunburn</i> <i>Dehydration</i> | <ul style="list-style-type: none"> ▪ GSC staff shall ensure that they are dressed appropriately for the conditions, regularly apply sun cream where required and drink plenty of water where necessary. GSC instructor uniform, long sleeves and gloves will still be required. ▪ GSC staff shall ensure that all slope users are dressed appropriately for the conditions. Long sleeves and gloves will still be required, however GSC staff can advise use of long sleeved t-shirts, lighter trousers and thinner gloves. ▪ GSC staff may encourage clients to regularly apply sun cream where required. ▪ GSC staff can encourage clients to keep a water bottle at the bottom of the slope and to take regular small breaks to allow clients to have a drink of water. ▪ During particularly warm, sunny days, GSC instructors should monitor their clients for sun stroke and may decide to take individuals or full groups off the slope and into the shade for a short period of time. Someone with severe sun stroke may be asked to remain inside | GSC Staff | Before and during slope use |

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| | | | for the remainder of the lesson, under the supervision of GSC staff. | | |
| 14 | Extreme weather – rain, cold, snow and/or wind | GSC Staff Slope Users <i>Hypothermia Illness</i> | <ul style="list-style-type: none"> ▪ GSC staff shall ensure that they and other slope users are dressed appropriately for the conditions. ▪ Should wind speed be considered to be a significant risk to GSC staff and slope users, GSC staff may decide to close the slope and instruct slope users to move into the GSC clubhouse. The slope shall only be re-opened once the risk has reduced. | GSC Staff | Before and during slope use |
| 15 | Extreme weather – lightning | GSC Staff Slope Users <i>Electrocution</i> | <ul style="list-style-type: none"> ▪ Should thunder be heard nearby, GSC staff shall close the slope and take all slope users off of the slope immediately. The slope shall only be re-opened once the threat of thunder and lightning has passed. | GSC Staff | Before and during slope use |
| 16 | Eating on the slope | GSC Staff Slope Users <i>Choking</i> | <ul style="list-style-type: none"> ▪ Eating is forbidden on the slope. ▪ GSC staff shall look out for slope users chewing. If GSC staff suspect a slope user is eating or chewing, they shall be asked finish what they are eating or spit it out into a nearby bin before continuing. | GSC Staff | Before and during slope use |
| 17 | Alcohol / drugs misuse | GSC Staff Slope Users Non-Slope Users <i>Personal injury</i> | <ul style="list-style-type: none"> ▪ Should any GSC instructor be suspected of being intoxicated, they shall be questioned by a senior GSC staff member. Should the senior staff member believe that the GSC instructor is intoxicated, that GSC instructor will be removed from shift and asked to leave the club. ▪ Should GSC staff suspect that a slope user is intoxicated, GSC staff should question the slope user immediately. If GSC staff confirm their suspicions, the slope user shall be asked to leave the slope for the safety of other slope users. | GSC Staff | Before and during slope use |
| 18 | Contact with dangerous animals | GSC Staff Slope Users | <ul style="list-style-type: none"> ▪ GSC staff should ensure that slope users avoid interfering with an animal should one enter the slope. | GSC Staff | Before, during and after slope use |

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| | | Non-Slope Users <i>Bites</i> <i>Personal injury</i> | <ul style="list-style-type: none"> The slope should only be used once any animal has been cleared from the slope. | | |
| 19 | Contact with other park users | GSC Staff Slope Users Non-Slope Users <i>Verbal / physical assault</i> | <ul style="list-style-type: none"> GSC staff should ensure that they and slope users refrain from conversation with other park users where GSC staff believe that the person may become hostile. If other park users become verbally or physical violent, the police shall be called immediately. If GSC staff believe slope users or non-slope users are under threat, they may instruct everyone to clear the slope and wait in the clubhouse. | GSC Staff | Before, during and after slope use |
| Race Training / Competitions* | | | | | |
| 20 | Use of starting gates | Slope Users <i>Personal injury</i> | <ul style="list-style-type: none"> GSC instructors / GSR coaches shall give an introduction and demonstration of how to correctly use the magnetic start gate to any slope user who has not used them before. GSC staff shall ensure that the start area is clear and suitable for use before allowing slope users to use the start gates. | GSC Staff | During slope use |
| 21 | Race courses | Slope Users <i>Personal injury</i> | <ul style="list-style-type: none"> Helmets are mandatory for anyone skiing/snowboarding through a race course. Race courses, including stubby courses, shall only be set by, or under the supervision of, a suitably qualified GSR coach. GSR coaches shall ensure that courses are suitable for the ability of all course users. GSR coaches shall ensure that suitable protective equipment is used (e.g. helmets, pole guards, etc). | GSC Staff | Before and during slope use |

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| | | | <ul style="list-style-type: none"> GSR coaches shall ensure that the race equipment (e.g. gates, stubbies and start gates) is not damaged and unsafe prior to their use. | | |
| 22 | Timing equipment | Slope Users <i>Personal injury</i> | <ul style="list-style-type: none"> Where timing is to be used, all timing equipment shall be suitably blocked off to reduce the risk of slope users colliding with the timing equipment. Soft barriers may be used to block off the timing equipment. Wires/cables for the timing equipment shall be tucked away to avoid trip hazards. | GSC Staff | Before and during slope use |
| Freestyle Training / Competitions* | | | | | |
| 23 | Tow – freestyle slope tow | Slope Users <i>Personal injury</i> | <ul style="list-style-type: none"> A GSC instructor shall give all clients a full demonstration on the correct use of the freestyle tow before their client’s first use of the tow. GSC staff shall monitor the slope regularly to ensure that all slope users are competent and safe in using the tow. Should a slope user fall off the tow, the emergency stop buttons shall be used where required to avoid collisions with other slope users on the tow. GSC staff shall monitor and control the queue at the bottom of the tows to ensure that slope users are standing in a safe location, especially where there is a risk of a slope user being hit by a tow. GSC staff shall warn slope users against pulling on the tow wire as they are coming up the slope, as this could cause the tow to break and/or result in injury to themselves or other slope users. | GSC Staff | Before and during slope use |
| 24 | Use of ramps / jumps / rails / quarter pipe | GSC Staff Slope Users <i>Personal injury</i> | <ul style="list-style-type: none"> Helmets are mandatory for anyone using the freestyle slope. GSC instructors should ensure that all slope users are of suitable ability for use of the freestyle slope. | GSC Staff | During slope use |

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| | | | <ul style="list-style-type: none"> ▪ GSC instructors shall ensure that all of their clients are of a suitable ability to use any of the freestyle features (e.g. ramps, jumps, rails, quarter pipe). ▪ GSC instructors shall take into account the slope / weather conditions before letting their clients use any freestyle features. ▪ GSC instructors shall monitor the slope and ensure that slope users are using the slope in a safe way. GSC instructors should teach slope users the 'dropping in' procedures if not already in place at the time. ▪ Before allowing any of their clients to 'drop in', a GSC instructor should inspect the slope, especially the jump landing area, for any debris or unwanted features. | | |

* All other skiing/snowboarding risks shall still apply to racing and freestyle.

Terminology:

GSC: Glasgow Ski & Snowboard Centre.

GSR: Glasgow Ski Racing.

GSC Staff: Any person employed by GSC.

Slope User: Any person(s) using the slope to ski or snowboard, including those participating in lessons and open practice.

Non-Slope User: Any person(s) present at GSC who is not GSC Staff or a Slope User, e.g. parents, school teachers and members of the public.