



SNOWBOARDING

SafeTips from the Naval Safety Command

Snowboarding is an exciting and challenging sport, but safety should always come first to ensure a fun and injury-free ride. Whether you're a beginner or an experienced rider, following essential safety guidelines can help protect you and others on the slopes.

- Wear a properly fitted helmet and goggles for head and eye protection.
- Check your snowboard and bindings to ensure they are in good condition.
- Warm up and stretch before hitting the slopes to prevent injuries.
- Follow trail signs and ride within your ability level.
- Be aware of your surroundings and yield to those downhill from you.
- Maintain control of your speed and direction at all times.
- Stay on marked trails and avoid closed or off-limits areas.
- Use proper techniques when stopping and turning to avoid falls.
- If you fall, try to get up quickly and move out of the way of other riders.
- Ride with a buddy and carry a fully charged phone for emergencies.
- Stay hydrated, take breaks and wear layers to protect against cold and sun.
- Know the signs of frostbite and hypothermia and seek treatment if necessary.



Naval Safety Command
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