

Alpine Responsibility Code

1. Know your ability and always stay in control and be able to stop and avoid other people or objects. It is your responsibility to stay in control on the ground and in the air.
2. Take lessons from professional instructors to learn and progress.
3. Use appropriate protective equipment to minimise the risk of injury.
4. Before using any lift you must have the knowledge and ability to load, ride and unload safely and always use the restraining devices.
5. Observe and obey all signs and warnings. Keep off closed trails or runs.
6. Give way to people below and beside you on the hill. It is your responsibility to avoid them.
7. Do not stop where you are not clearly visible from above. Look uphill and give way to others when entering/exiting a trail or starting downhill.
8. Always ensure your equipment is in good condition and use suitable restraining devices to avoid runaway skiing/boarding equipment.
9. Do not ski, board, ride a lift or undertake any other alpine activity if your ability is impaired by drugs or alcohol.
10. If you are involved in, or witness an accident or collision, alert Ski Patrol, remain at the scene and identify yourself to the Ski Patrol.

Know the Code. It's Your Responsibility.

Failure to observe the Code may result in cancellation of your ticket or pass by Ski Patrol or other authorised personnel.

'RESPECT GETS RESPECT'

FROM THE LIFT LINE, TO THE SLOPES, THROUGH THE PARK AND THE RESORT.



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ADVICE FOR SPECIAL HEALTH NEEDS

Those with pre-existing medical conditions should avoid riding chairlifts or skiing/boarding on their own. Always be vigilant with precautions and symptoms. It is vital to keep taking your medication as prescribed while you are away.

ASTHMA:

Anyone with asthma should be able to venture onto the slopes safely by taking a few precautions. Even people whose asthma is triggered by cold conditions should be able to cope at high altitudes as long as their asthma is well controlled.

- * Have a written asthma management plan.
- * Stock up on all the medication you will require.
- * A history and severity of your asthma and treatment would be helpful if medical attention becomes necessary.
- * In freezing conditions, pressurised inhalers may not work properly. They should be warmed (in the hands, for example) before use.

HEART PROBLEMS:

The National Heart Foundation says there is no reason why people with heart conditions can't hit the slopes and partake in recreational activities, as long as the right precautionary measures are taken. The risk for people with heart conditions depends on the level of exercise they will be doing.

- * Take an exercise stress test with your physician before you go.
- * For more information on hitting the slopes with a heart condition, please call the National Heart Foundation Heart Line Information Service on 1300 362 787 or visit www.heartfoundation.org.au

DIABETES:

Diabetes Australia says that alpine sports of all types can be safely undertaken by people with diabetes. The major potential problem is related to low blood glucose levels resulting from the increased and often sustained level of activity. A few simple precautions will avert any major difficulties:

- * Discuss the proposed activities with your doctor and develop a new dose schedule for your medication;
- * Always have some simple carbohydrate readily accessible. Jelly beans or soft jubes are ideal in the snow;
- * If you do become hypoglycaemic have some simple carbohydrates immediately. Don't wait!
- * Follow this up with a long lasting carbohydrate such as a milk drink, fruit or sandwiches as soon as possible. Don't resume your activity until then;
- * Ski/board with a friend who is aware of your diabetes and knows how to recognise and treat hypoglycaemia.

WEATHER

Alpine weather can be wonderful but changeable. Snow falls have been recorded in all months of the year. Study the latest forecasts, but keep a close watch on weather as well and seek shelter.

TOBOGGANING

Tobogganing in specially prepared areas is one way of enjoying the snow. Tobogganing can be dangerous and great care should be taken, not all resorts allow tobogganing. You should check with the Resort Management before you go.

DO NOT:

- * DO NOT use car tyres or plastic bags. They can cause serious injury;
- * DO NOT have more than one person in a toboggan at any one time;
- * DO NOT make toboggan 'trains' where people link themselves to other toboggans;
- * DO NOT toboggan in areas near rocks and trees.



SKI & BOARDRIDING SCHOOL

Most ski resorts offer complete ski and board riding school facilities at all levels for downhill, cross-country skiing and snowboarding. Unfortunately, many skiers and boarders regard ski/board riding instruction as dull and slow. Nothing could be further from the truth. Today, the trained professional ski/board riding instructors want you to have fun, to enjoy the sport and to progress with the quickest and easiest methods available.

Statistics prove that the more experienced skiers/boarders have less accidents and the best way to learn and progress is to take lessons.

Your general enjoyment of the sport is often directly related to your ability to handle the different types of terrain and snow conditions available - the fewer restrictions you have in this regard usually means the more fun you have - taking more lessons will allow you to handle powder snow, ice, bumps, steeper terrain and narrow trails as well as packed, smoother terrain.

If you are alone and in an unfamiliar ski area, class lessons will give you the opportunity for fun and social contact as well as the learning experience.

Take lessons from a trained professional rather than friends, no matter how well you feel your friend skis/boards.

Whether you take private or class lessons, let your instructor know why you are taking the lesson, how many lessons you plan to take and what you would like to improve.

When a lesson is over ask your instructor to direct you to the most suitable runs.



CROSS COUNTRY SKIING

Some resorts cater solely for cross-country skiers and most other ski resorts offer a range of cross-country trails close to and within their resort boundaries.

Most resorts offer trails at different standards. Ski only those trails suitable to your standard. Take ski lessons and ski within your capabilities.

Do not underestimate the time required to complete a trail or circuit and return to your car.

Cross-country skiing is a pleasant way to enjoy the alpine environment but, as for all alpine activities, plan ahead and prepare for your cross-country ski outing.

WHEN CROSS-COUNTRY SKIING YOU SHOULD ALWAYS CARRY THE FOLLOWING:

- * Plastic groundsheet or thermal blanket;
- * High energy foods such as chocolate, nuts, dried fruits or barley sugar;
- * Fruit juice or water;
- * Whistle, compass, map;
- * Emergency windproof, waterproof and warm clothing;
- * Waterproof matches or a cigarette lighter.

The equipment used in cross-country skiing is generally lightweight and not suitable for use anywhere other than on groomed tracks. Most ski hire outlets have a range of cross-country skis but it is recommended that you call ahead to confirm that you will be able to hire cross-country skis at your destination, especially if you are in a large group.

ALPINE SKIING AND BOARDING

When planning your alpine snow trip, select an alpine ski resort which caters for your needs. Each of the ski resorts offers a variety of facilities and ski runs, from beginner to advanced. Each of the resorts also operates an information service. Visit the resort web sites to make a comparison between price, size, terrain and facilities.

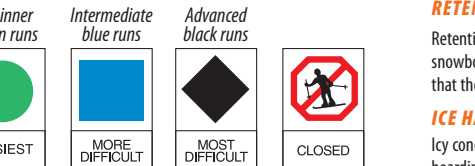
LIFT RIDING:

There are two types of lifts: chairlifts and surface or drag lifts, ie: pomas and T-bars. If you are unsure how to use these lifts ask the lift attendant. Swinging or bouncing on the lift is dangerous. Always unload smoothly and ski or slide away from the unloading area. Always use the safety bar on chairs. Never drop litter from lifts (or anywhere else). If the chairlift breaks down while you are on it, don't jump off but wait for the lift attendants to evacuate you safely, with assistance from the Ski Patrol.

In Australia, most on-slope accidents can occur on sunny days when people ski and ride faster or when the slopes and trails are more crowded. You can reduce the risk of injury by Skiing & riding in control, watching for other skiers and boarders, and staying on slopes and trails that are within your ability. Most resorts have standardised trail markers (see below) which are colour coded to indicate the degree of difficulty. Free maps of runs and trails are also available from resort information offices.

Be careful in the morning and the late afternoon as the snow may be frozen. Do not assume that you will be able to ski or ride as well as you could the previous afternoon and always adjust your skiing and riding to the conditions.

Be aware of your skiing/boarding abilities and take note of 'Runs difficulty' signage on the slopes.



It is strongly recommend that any person trying skiing or snowboarding for the first time should do so under the supervision of an experienced instructor. Not only will this speed up your learning of the sport but it will give you a good idea of which areas are suited to your skill level.

Do not try to ski or ride on a slope that is beyond your ability as you will endanger yourself and other snow area users.

SNOWBOARDING EQUIPMENT:

Snowboards can be hired both on and off the mountain and are fitted with either plate or high back bindings.

Whilst clothing requirements for snowboarding are basically the same for alpine skiing, special boots and gloves are worn. Helmets should also be worn by children, novices and experienced riders.

A wide range of boots can be used when riding a snowboard. The type will depend on the style of bindings fitted to the board. With high back bindings any warm waterproof boots with a moderate degree of firmness can be used.

To reduce the risk of wrist injuries, it is strongly recommended that snowboarders wear wrist guards. When snowboarding, the hands often come in contact with the snow, therefore your gloves should be waterproof and of a sturdy construction.



TERRAIN PARKS:

Many ski resorts have designated terrain parks with Jumps, ramps, berms, rails, half pipes and other constructed or natural terrain features. Play it safe when you use the park and pipe because nothing ruins a great day on the mountain like an injury.

- * **MAKE A PLAN** - Every time you use freestyle terrain, make a plan for each feature you want to use. Your speed, approach and take off will directly affect your maneuver and landing.
- * **LOOK BEFORE YOU LEAP** - Scope around the jumps first, not over them. Know your landings are clear and clear yourself out of the landing area.
- * **EASY STYLE IT** - Start small and work your way up. (Inverted aerials not recommended).
- * **RESPECT GETS RESPECT** - From the lift line through the park.



RETENTION DEVICES:

Retention devices should be used at all times, even when the snowboard is not being used. When the snowboard is not in use, lay it down on its side and ensure that the leg strap is attached to a pole so that the board cannot run away if knocked or caught by the wind.

ICE HAZARDS:

Icy conditions are particularly hazardous for snowboarders. Novice snowboarders should avoid boarding in icy conditions.

SKI TOURING AND BUSH WALKING

Always obtain current maps and information for the area and let someone know before you go. Prepare for all weather conditions and devise emergency plans. Each party member should carry a survival kit, even on short trips in summer or winter. This kit should include:

- * Sunscreen;
- * Mobile phones (warning on black spots);
- * Matches in a waterproof container;
- * Map, compass and whistle;
- * Space blanket or large plastic bag;
- * Plenty of food and drink for your trip;
- * 6-10 metres of 2-3mm cord;
- * A roomy day pack or rucksack.



GROUP EQUIPMENT, EVEN ON THE SHORTEST TRIP, SHOULD INCLUDE:

- * Tent or emergency shelter;
- * First Aid kit;
- * Stove, fuel and billy;
- * Repair kit.

SAFETY CHECKLIST

- ▲ Plan your trip carefully and get fit to go skiing;
- ▲ Let someone know before you go;
- ▲ Take mobile phone and emergency contact numbers;
- ▲ Wear appropriate wind and waterproof clothing (never wear jeans);
- ▲ Always wear a hat and gloves;
- ▲ Wear skin and eye protection;
- ▲ Take care of and check your equipment before skiing;
- ▲ Regularly check weather, snow and skiing conditions;
- ▲ If lost, stop, seek shelter and wait for help;
- ▲ Ski within your capabilities;
- ▲ Take ski lessons;
- ▲ Take extra care with children;
- ▲ Eat appropriate food before and during ski and bush activities;
- ▲ Always ski in control;
- ▲ Drive cautiously, particularly in the snow;
- ▲ Never remove your skis or board when conditions are icy, particularly on steep slopes;
- ▲ Never ski or walk over frozen lakes, dams or creeks;
- ▲ Know the signs of hypothermia.



ALCOHOL & DRUGS DON'T CUT IT IN THE SNOW



A POCKET GUIDE to Safety in Alpine Areas

www.snowsafesafe.org.au
www.skipatrol.org.au



Supported by



BASIC CONCEPTS OF SNOW SAFETY

Take this Pocket Guide with you whenever you venture into the alpine areas.

The alpine environment is a beautiful destination, winter or summer with venues for many challenging and exciting activities including skiing, snowboarding and bush walking. However they can be hazardous if visitors are careless and irresponsible. This 'Snow Safety – Quick Reference' Pocket Guide has been published to provide essential information on how to enjoy the Alpine environment in safety and comfort. Planning and preparation are the keys to having a safe and enjoyable alpine experience.

The information provided in this Snow Safety booklet serves as a guide only and does not guarantee the prevention of any loss, damage, injury or other adverse outcome occurring whilst in the alpine regions.

CLOTHING

Alpine weather is unpredictable and a fine sunny day can quickly deteriorate into cold, wet, high wind or blizzard conditions. Your clothing, therefore, must be versatile and you should have ready access to protective clothing. Clothing can be divided into two layers: The inner, insulating layers and the outer windproof and waterproof layer.

INSULATING LAYERS:

In cold weather these are the most important layers.

Several thin layers that trap air and are made of material that will stay warm, even when wet, are better than a couple of thick bulky layers. The number of insulating layers you wear depends on the weather and the activity you are participating in. Wearing thermal underwear will also help insulate against the cold. Wool is a good natural fibre and manufactured fibres such as polypropylene and fibre pile are also effective. Cotton undergarments perform poorly in cold and wet conditions.

OUTER LAYER:

Staying dry and reducing the effects of wind chill are important, therefore your jacket and overpants should be waterproof and windproof. The outer layer also helps to insulate by trapping warm air next to the body. If you don't have your own windproof and waterproof outer clothing you can hire them from most ski hire outlets. It is important to wear a warm hat as significant amounts of body heat is lost from the head. Woolen or synthetic socks and gloves should also be worn. On wet days, large rubber dishwashing gloves worn over the top of your gloves help to keep hands warm and dry.

Never wear jeans, cotton or nylon clothing as these materials don't provide adequate protection against wind, rain or snow.

WHAT TO WEAR OR CARRY:

* Clothing made of wool or synthetic fibres that have insulating properties similar to wool such as fibre pile * A number of layers of thin clothing, rather than a few layers of thick clothing * Woolen beanie, gloves or mittens * Warm underclothing, ie polypropylene thermals * Warm outer clothing, eg polypropylene or woolen jumpers * Woolen socks * Waterproof overmitts and overpants * Goggles or sunglasses * Gaiters * Long waterproof and windproof jacket * Spare clothing if overnighting

Before you buy clothing, seek expert advice and remember 'showproof' is not waterproof.

SKIN & EYE PROTECTION

Sunburn can be a serious problem, even on cloudy days. Always use a good sunscreen with a high SPF (sun protection factor) to protect skin exposed to direct or reflected sunlight. To protect your eyes from the glare off the snow (which can lead to 'snow blindness') the use of high quality sunglasses or goggles is essential. On sunny days if you are not wearing a helmet, a peaked or wide brimmed hat is advisable. If you are dependent on spectacles or contact lenses, carry a spare pair, in case you lose or damage them while you are in the alps.

APPROPRIATE FOOTWEAR

Alpine conditions create snow and ice often making walking difficult and slippery. It is essential to wear appropriate footwear with soles having substantial grip.

HELMETS

Helmets may make a difference in reducing or preventing head injuries. Many skiers and snowboarders are choosing to wear them. However, helmets do have limits and users need to be aware that wearing a helmet does not eliminate the risk of head injury. In addition to offering an added degree of protection, snow sports helmets are now designed to be lightweight, comfortable, warm & fashionable.

Snow sports helmets are insulated for cold weather and provide better coverage and impact protection than other sports helmets, such as bicycle helmets. Be sure that the helmet you choose meets current recognised snow sport helmet design standards.

There is no substitute for responsible behaviour on the slopes. Adhere to the Alpine Responsibility Code and consider wearing a helmet. It's a smart idea. For more information, contact a ski area, visit a helmet manufacturer's website or go to www.skipatrol.org.au, www.lidsonkids.org or www.asaa.org.au

FOOD

Food provides energy for movement and for maintaining your body temperature.

* Don't skip breakfast – it's the most important meal of the day * Eat a little more than normal and eat often * Carry high energy foods which can be eaten with little or no preparation (fresh or dried fruit and muesli bars are good examples) * Intake of liquids, sweet if possible, should be high. It is a good idea to have at least a cup of fluid every hour as a minimum, even if it is only water * Do not consume alcohol before or during skiing or boarding. Not only does it reduce your coordination, it significantly increases your risk of injury or hypothermia

POPULAR HIGH ENERGY FOODS FOR A DAY TOUR INCLUDE:

* Bread or dried biscuits; * Cheese; * Peanut butter, honey; * Nuts, raisins, sultanas; * Hot drinks or soup; * Chocolate.

TRIP INTENTIONS

LET SOMEONE KNOW BEFORE YOU GO. CHECK IN WHEN YOU RETURN.

Leave a written record (see Trip Intention Form available at www.snowsafes.org.au) of your trip plans with a reliable person so that person can notify the appropriate authorities without delay if you fail to return when expected. This information should include:

- * Names, addresses and phone numbers of all in the party;
- * Details of planned trip, departure date and time, estimated place & time of arrival;
- * Location, make and registration of vehicle/s used;
- * The reliable person should be a friend or relative at home, or a member of your lodge;
- * In addition, if an Intentions Book is provided where you start your trip, please use it – even on the shortest trips.

Trip Intention Forms are widely available from resort administration offices and police stations. Trip Intention Forms can be downloaded from www.snowsafes.org.au, www.skipatrol.org.au or www.skisafe.org.au and printed out.

CHILDREN

A child's needs for learning and equipment requirements are different to those of an adult. Skis, boards, boots and bindings can be bought new or second hand but should be specifically made for children, not adapted for them. Equipment should be properly fitted by a reputable ski shop where the proper ski binding settings can be adjusted.

Warm, protective clothing should always be worn by children. The use of a helmet is recommended. The rules regarding layers and materials referred to earlier apply even more so to children.

Young children should be in the care of an adult rather than an older child. If you are not skiing/boarding together, be sure they know where they can find you. Having a name tag in an obvious place (with ski lodge or home address and contact phone number) can help the Ski Patrol locate you should your child be lost or injured.

Most ski and board riding schools provide special classes for young children. This is a great way for them to learn to ski or board. They are taught by instructors who are trained to teach children and they learn to ski or board with people their own age. As they become more experienced they can become involved in the more advanced programs available at most mountains.

Children should not be piggy-backed in child carriers while skiing or boarding as there is an increased risk of hypothermia and frost bite to the child. There is also an increased risk of injury to both the skier or boarder and the child if the skier/boarder falls. Child backpacks are prohibited at some alpine resorts.

EMERGENCIES

These are usually the result of poor planning and/or fool hardy behaviour.

If you do find yourself in difficulties:

STOP AND THINK. IF YOU THINK YOU'RE LOST:

- * Identify your last confirmed position and estimate your present location;
- * Believe your compass. It is more likely to be right than your unaided sense of direction;
- * Decide if you will proceed or if you will stop and wait for assistance;
- * If your party is still strong and you can set a course which must bring you to a known position in a reasonable time, then you could proceed;
- * If any party member is fatigued or you are not sure of your ability to navigate to known country, then stop and await assistance.

IF YOU DECIDE TO STOP:

- * Select a site out of the wind. Use trees, logs or rocks as wind breaks;
- * Build the best shelter you can. Dig into the snow at the base of a tree or rocks;
- * Use skis, branches etc to roof shelter before covering it with snow. Do not get wet in the process; If necessary, remove some clothing to keep it dry while building shelter;
- * Make your location visible to searchers – ie stand a pair of skis crossed in the snow and attach a bright object to them;
- * In the shelter, insulate yourself from the snow with branches, skis, poles or packs;
- * If you can, light a fire on a platform of small logs;
- * Aim to stay dry and huddle together for warmth;
- * Wait for assistance to come to you.



Dig a trench with your ski big enough to sit or lie in.



Cover trench with ski poles, branches etc to protect from the weather.



Stand skis crossed in the snow. Huddle together for warmth.

Knowledge of your own capabilities is the next most important safety factor. Individual skiing skills and fitness levels vary greatly. What is quite safe for one person to attempt may be foolhardy for someone else. Know your capabilities and keep well within them when out touring.

And, if lost retrace your steps if you can, if not stay put!

Mobile Phones Save Lives - In Emergency Call '000' or local Ski Patrol

SOME FURTHER IMPORTANT POINTS TO CONSIDER WHEN GOING ALPINE BUSH WALKING OR VISITING THE ALPS IN THE SUMMER:

- * Bush walking causes high moisture loss which needs to be replaced frequently;
- * Always carry at least one litre of drink, as water is often not available when you want it;
- * Portable fuel stoves are environmentally less harmful and more efficient than fires;
- * If you do use a fire, observe fire lighting regulations, keep it small, use only dead wood and make sure it is out before leaving;
- * Always carry windproof and waterproof outer layers of clothing and be prepared should you need to put on additional insulating layers of clothing;
- * Watch alpine weather carefully;
- * Weather conditions can change very quickly;
- * Do not overestimate your group's ability to make its destination well before night fall;
- * There are many huts across the alps but always carry a tent as the huts may be being used by others;
- * Respect our heritage;
- * When building a shelter, especially a snow cave, keep the entrance clear to prevent suffocation;
- * Distress signals: use anything that will attract attention, eg smoke, whistles, flashing a mirror or torch, or by waving of distinct clothing.

SKI PATROLS AND RESCUE SERVICES

Every year people become lost in the mountains and ski areas of alpine country. To care for people in the snow, all ski resorts maintain skilled Ski Patrols throughout winter months. Ski patrollers can be easily identified in all resorts by their distinctive uniform with cross. They are highly trained to deal with injured skiers and boarders, both within the resort and beyond resort boundaries. Patrollers open and close trails and runs, and mark hazards. For your safety, as well as that of others, obey the signs that are displayed by the Ski Patrol.

IN CASE OF AN ACCIDENT:

- * Do not leave the injured skier/boarder alone;
- * Approach them from below or the side if the slopes are icy;
- * Do not remove your own skis/board if the slopes are icy. If it is safe to remove your skis/board, cross them and place them upright uphill from the injured skier/boarder;
- * Do not remove the injured person's skis/board;
- * While one person remains with the injured skier/boarder make sure another reports the accident to any ski patroller or the nearest lift operator – say what the person is wearing – there can be more than one accident on the same run at the same time;
- * Have someone stand uphill from the accident to give a verbal warning to other snow users when someone, including a Ski Patrol, is attending to the patient;
- * Give the exact location of the accident and nature of the injury and wait for the patroller;
- * Reassure the patient and keep them warm. Do not move them or attempt to treat them unless you are qualified in first aid.

IF A COMPANION BECOMES LOST:

- * Make sure your companion hasn't just returned home to the ski lodge or car;
- * Inform the Ski Patrol as soon as you are concerned;
- * Give your companion's name, age, etc and a full description including any details of your skiing/boarding activities.

Avoid unnecessary searches Always ski/board with a companion or make arrangements to meet with other skiers/boarders. Remember:

- * Let someone know before you go;
- * Indicate your intended destination and route - this is especially important for cross-country skiers;
- * Stick to the planned arrangements;
- * If you do not, others will become concerned and call out emergency services;
- * This endangers the lives of others searching for someone who is not lost.



ICE HAZARDS

Icy conditions provide extra hazards to skiers and boarders. To ensure your safety on icy slopes take special note of the following points:

- * Icy conditions are more likely in the morning and late afternoon;
- * Be aware of changing weather and snow conditions – the degree of difficulty of any slope is greatly increased when ice covered;
- * Choose runs that suit your ability, observe all slope signs and don't let a friend talk you into skiing or boarding a run you don't think you can handle;
- * If a friend is in danger don't take unnecessary risks to rescue them – seek Ski Patrol assistance;
- * Skis and boards should be especially tuned to handle ice.

IF YOU DO FALL ON AN ICY SLOPE, USE THE FOLLOWING TECHNIQUES TO ARREST YOUR SLIDING ON THE SNOW:

- * Edge your skis/board into the ice to regain control of your speed;
- * Grasping your ski pole above its basket, thrust the point of the ski pole into the ice.

FROZEN WATERWAYS

Do not ski, board or walk on frozen lakes, dams or creeks as normal conditions in Australia will not guarantee a uniform ice coverage that will support the weight of a person.

AMBULANCE SERVICES

The Ambulance Service operates 24 hours a day at every major ski resort. They work in close co-operation with the Ski Patrol and medical centres. Remember ambulance rides cost money.

HYPOTHERMIA

Hypothermia is a lowering of the body's core temperature, which can result in death and can occur as a result of:

- * Accidental immersion in cold water;
- * Inadequate protection from the cold environment, especially when combined with altitude, wind, moisture and physical exhaustion;
- * Exposure to cold, especially in the unconscious, the elderly, young children and the injured.

Hypothermia is easy to prevent. When it occurs it is usually from lack of preventive action rather than unavoidable circumstances. These simple measures will prevent the likelihood of hypothermia:

- * Adequate protection from cold, wind and moisture;
- * Regular intake of food and non-alcoholic drinks;
- * Sound planning, training and experienced leadership.

One or more of the following signs should alert others to the onset of hypothermia:

- * Stumbling; * Carelessness about protecting against the cold; * Shivering;
- * Unusual or irrational behaviour; * Poor judgement;
- * Displays apathy, ie lacks interest; * Exhaustion; * Slurred speech;
- * The person will feel cold to touch and is usually pale. The basic principles of first aid and resuscitation apply, plus additional specific measures to stop further body cooling.

IF ANY MEMBER OF THE PARTY DEVELOPS THE SIGNS OF HYPOTHERMIA:

- * Stop immediately;
- * Protect victim from wind and moisture – find or improvise shelter;
- * Put on extra layers of clothing, remembering to cover the head and put on wind/water proof jacket and overpants. Insulate the body from the snow, especially the head. Prevent further heat loss by covering the victim with any available waterproof material;
- * Huddle together;
- * Give easily digested food and drink, warm if possible;
- * Ensure all party members put on extra clothing, including head cover;
- * Send for medical assistance.

The natural tendency to 'press on' must be avoided. This applies to groups as well as individuals. Regrouping on the spot and commencement of treatment is more important than panicking evacuation from the area.

TREATING A CONSCIOUS PERSON WITH HYPOTHERMIA:

- * Carefully lay the victim down;
- * Protect from the cold environment and prevent any further heat loss by placing insulating material under the person – use packs, jackets, mats, bags - whatever you can find;
- * If a large plastic bin liner or garbage bag is available place the victim feet first into the bag, ensuring that the body and neck are enclosed, arms and hands should not be covered by the bag (the patient may have to be placed in the coma position). Do not cover the head or face with the bag;
- * Cover with a blanket or sleeping bag and ensure the head and neck are covered with a beanie, jumper or fibre pile jacket, leaving the mouth, nose and eyes visible.

IMPORTANT PRECAUTIONS:

- * Do not give alcohol, cigarettes, strong coffee or tea;
- * Do not attempt to stimulate the peripheral circulation by rubbing or massaging the extremities;
- * Do not expose the patient to hot air or direct radiant heat from a fire. The application of external heat could worsen the patient's condition.

TREATING AN UNCONSCIOUS PERSON WITH HYPOTHERMIA:

- * An unconscious person must be handled with extreme care;
- * Minimise unnecessary movement;
- * Do not give any food or drink to an unconscious person;
- * Signs of life may be minimal but continue treatment until help arrives;
- * Provide the normal care of airway, breathing and circulation;
- * With the person in the lateral or coma position, prevent further heat loss by insulating and protecting from the cold environment;
- * If adequate insulation and a warm shelter are available, gently remove the outer wet layers (it may be necessary to cut clothing to aid removal), dry off, replace with layers of dry clothing and insulate;
- * If shelter is not ideal, leave wet clothing on, add extra layers of clothing over the existing wet ones and cover with any available waterproof material. Wrap victim in a sleeping bag or blanket to prevent further heat loss. If a plastic bin liner bag is available, use it as previously described;
- * If medical care is not available, the rescuer should ensure extra body warmth is provided by placing a companion on either side and close to the patient. Ensure all are insulated from the ground, preferably in sleeping bags. Use caution in applying external chemical heat sources or hot water bottles, never apply these directly to the skin.

SEEK MEDICAL ASSISTANCE IMMEDIATELY, PROVIDING YOU ARE NOT ENDANGERING YOURSELF OR OTHER PARTY MEMBERS.

