

ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE SLOPES, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** Always stay in control. You must be able to stop or avoid other people or objects.
- 2** People ahead of you have the right-of-way. It is your responsibility to avoid them.
- 3** Do not stop where you obstruct a trail or are not visible from above.
- 4** Before starting downhill or merging onto a trail, look uphill and yield to others.
- 5** If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.
- 6** Always use proper devices to prevent runaway equipment.
- 7** Observe and obey all posted signs and warnings.
- 8** Keep off closed trails and closed areas.
- 9** You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.
- 10** You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.

**Know the Code - Be Safety Conscious
It Is Your Responsibility**

Helmets only provide protection against low-speed collisions.

Ski helmets are only certified to provide protection at speeds up to 22.5 km/h (Snell RS-98 & ASTM). However, research indicates that helmet users tend to ski and snowboard at higher speeds (i.e., 40-60 km/hour).

Accordingly, promoting helmets as a panacea for avoiding injury may provide skiers and snowboarders with a false sense of security and thereby increase risky behaviour (e.g., skiing at excessive speeds or without appropriate control).

A helmet is only one component of a safe approach to skiing and snowboarding. The Alpine Responsibility Code promotes ten safety practices that collectively help maximize the potential for safe skiing and snowboarding.

The Canadian ski industry actively promotes this code through safety signage, videos and on-line media.

We believe that encouraging a comprehensive set of safe skiing and snowboarding practices is a more effective approach to maximizing safety than legislation of a single safety measure (e.g., mandatory use of snow sport helmets).



CANADA WEST
SKI
AREAS ASSOCIATION

MACKENZIE
BRITISH COLUMBIA

MACKENZIE
BRITISH COLUMBIA

BUTTON LIFT How to Ride Safely

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Little Mac Ski Hill
250-997-5283

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**NOTICE TO ALL USERS
OF THESE
PREMISES AND FACILITIES
EXCLUSION OF LIABILITY
ASSUMPTION OF RISK | JURISDICTION**

PLEASE READ CAREFULLY!

THESE CONDITIONS WILL AFFECT YOUR LEGAL RIGHTS INCLUDING THE RIGHT TO SUE FOR NEGLIGENCE OR BREACH OF CONTRACT OR TO CLAIM COMPENSATION FOLLOWING AN ACCIDENT

Your use of these premises and facilities and participation in activities on the premises involve various risks, dangers and hazards. As a condition or your use of the premises, you assume all risk of personal injury, death or property loss resulting from any cause whatsoever including negligence, breach of contract or breach of any duty of care owed under the Occupiers Liability Act on the part of the operator or the premises and facilities and its employees and representatives (hereinafter collectively referred to as "the Operator").

- You agree that the Operator shall not be liable for any personal injury, death or property loss and release the Operator from all liability and waive all claims with respect thereto.
- Any litigation involving the Operator shall be brought solely within the Province of British Columbia and shall be within the exclusive jurisdiction of the British Columbia Court.
- These conditions and any rights, duties and obligations involving the Operator shall be governed by and interpreted solely in accordance with the laws of British Columbia and no other jurisdiction.

**THE OPERATOR'S LIABILITY
IS EXCLUDED BY THESE
CONDITIONS**

**TIPS FOR USING A BUTTON LIFT
ON SKIS**

- When getting on the lift, take your time. If you miss a button it doesn't matter.
- Put your ski poles in the hand furthest from the lift, so the hand closest to the lift pole is free to place the button between your legs.
- Rest onto the button that's between your legs, but do not sit down. You should remain standing. The button lift will not take your full weight.
- While travelling up the lift try to keep the skis running parallel to each other.
- Wait until you're on the flat before releasing the button lift.
- Once you've exited the lift, move out of the way so others can exit the lift behind you.



**TIPS FOR USING A BUTTON LIFT
ON A SNOWBOARD**

- Before getting on the lift, approach with just your front foot strapped into the board, but make sure your back binding strap is out of the way of the middle of the board, so you have room to rest your back foot between your two bindings.
- Whether you're goofy or regular, your strapped-in foot should be leading you up the hill. Make sure your board and leading leg are facing the way the lift is going.
- When waiting for the button adjust your position to make sure you are waiting in the spot that will make it easiest to reach for the button with your leading hand.
- When getting on the lift, take your time. If you miss a button, it doesn't matter.
- Place the button under your leading leg, but do not sit down. You should remain standing. The button lift will not take your full weight.
- As you take the button lift, wedge your back foot up against your back binding to avoid any slipping.
- Once you've stepped onto your board and you've paced the button behind your front leg, keep hold of the button in your leading hand, stay relaxed, in a stacked position with your knees bent, ready for the lift to pull you up the hill.
- Looking up the hill and keeping your back arm in line with your board behind you will help you maintain your balance.
- While travelling up the lift try to keep the base of the board flat and running straight up the hill.
- Wait until you're on the flat before releasing the button lift.
- Once you've exited the lift, move out of the way so others can exit the lift behind you.