

VERSION

ANGLAISE

Metadescription : Tips to have the right equipment and a good attitude for the upcoming ski and snowboard season.

Social Media:- Take a look at our simple checklist to hit the slopes safely and well equipped and safe!

AVOID PITFALLS: IMPORTANT REMINDERS FOR A SAFE SKI SEASON

~~«Winter is coming.»~~, ~~W~~while this now famous expression will ~~depress-dishearten~~ some of us, it will surely make skiing (or snowboarding) enthusiasts smile! If you are waiting impatiently for ~~the first a~~ snowfall and the opening of ski resorts, we invite you to take a look at the following ~~article~~reminders. ~~It serves as a reminder~~ ~~These of~~ safety procedures ~~to-should be~~ followed throughout the season. Are you ready to hit the slopes?

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Accessories

We can-not say it enough: ~~W~~wear a helmet, ~~a~~And not just any! You should never wear a previously shocked helmet, ~~that is, a helmet that has previously been used during a crash or accident.~~ ~~and-it~~ also must be securely attached to your head. Neither too big nor too small, the ideal helmet is comfortable and will keep you warm. To ensure compliance, the helmet must have either one of these seals:- CEN 1077, ASTM F-2040, Snell S-98 or CSA Z263.1.

~~The-g~~Glasses will allow you to see well despite the cold wind and snow. We suggest you opt for glasses that offer protection against UV and glare. ~~Indeed,-t~~The screen dims the sun's reflections on the snow while protecting against UV rays that can be harmful to your eyes.

Ideally, you ~~would-should~~ have two pairs of glasses or a model that allows you to change the screens. Generally speaking, the darker the screen shade, the more it protects against intense light. ~~Simply put,-a~~ pale screen helps you ~~to~~ see during bad weather and a dark screen helps you see on ~~bright,~~ sunny days. That being said, there are various types of screens that can fit ~~a~~ ~~even more~~ specific weather.

If you are wearing your helmet and glasses correctly, you should not be able to touch your forehead and the glasses must not push the helmet backwards.

Adjustment of ski bindings and maintenance of equipment

The adjustment of ~~your~~ ski bindings is an important element to take into account at the beginning of every season. They are designed to withstand small shocks on the tracks, but they will trigger in case of a fall. In other words, if you fall, your ski will automatically detach from your boot to prevent injury. For maximum safety, they should be adjusted according to your level of experience, your weight and the length of your boots. It is essential to have them adjusted by a professional ~~instructor in order~~ to be covered by the liability insurance of the manufacturer.

Finally, did you know that just like skates, skis need to be sharpened regularly? This allows your skis to have "bite", ~~giving-and therefore gives~~ you better control on the slopes. Again, it is recommended to have them sharpened by a professional.

A-Ssportsmanship as a golden ruleattitude in good-standing

Wearing these accessories reduces the risk of accidents, but ~~does this does~~ not guarantee that ~~they accidents might not happen will not occur~~. To be on the safer side, it is essential to respect the Mountain Code of Conduct and to have a good attitude on the slopes. Venturing on a slope that is too advanced for you, can ~~be~~ not only be dangerous ~~for to~~ yourself, but also ~~for~~ other skiers. Remember that at all times, caution is gold!

If you have questions about the equipment you need, do not hesitate to consult our in-store experts. They will make sure that you have everything you need to be ready for the slopes.

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