

Introduction

Skiing and snowboarding are very popular winter sports. There are more than 200 million skiers and 70 million snowboarders worldwide, and these numbers continue to rise!

It is important to remember how physically demanding skiing is, with an average time on the slopes between 4-6 hours per day. By physically preparing yourself for your winter holiday you can reduce your risk of injury.

This leaflet aims to advise you on “getting fit to ski” with a view to preventing injury and allowing you to get the most out of your holiday.

Skiing Injuries		Snowboarding Injuries	
Knee	35%	Wrist	24.9%
Head/face	13.7%	Head/face	14.3%
Shoulder	9.1%	Shoulder	13.1%
Lower leg	7.6%	Knee	11.8%
Wrist	5.4%	Ankle	5.9%
Thumb	4.9%	Back	4.6%

(Dr M. Ingram 2005)

Getting fit to ski

One of the main pre-cursors to injury in the recreational skier is the complete absence of a pre-ski warm-up and a lack of fitness training prior to a ski holiday.

Have you ever been on a skiing holiday and wished you'd started your training earlier?

Training should start at least 6 weeks before your holiday. For skiing, you need to have good aerobic fitness, strength, flexibility, balance and co-ordination. All of these should be incorporated in to your 'Get Fit to Ski' training programme.

Exercises

The following should be incorporated in to your 'Get Fit to ski' fitness programme.

Strengthening



1. Stand, your back against the wall, feet 20cm from the wall. Slowly slide down until your hips and knees are at 90°. Return to start position. Repeat 30 times.



2. Stand on one leg, keeping your back up straight; slowly bend your knee to 45° and return to start position. Repeat 30 times on both sides



3. Standing upright, step forward with one leg and bend your knee to 90°. Return to a standing position. Repeat with the other leg and repeat 30 times



4. Lying on your back with knees bent, straighten one knee and lift your hips up off the floor until your bottom is in line with your body. Return to starting position. Repeat 30 times both sides.

Stretching



5. Stand with your feet hip width apart and take a step forward. Take most of your weight on the leading foot. Gradually take your weight to the back foot stretching your heel to the floor. Keep your upper body in line with your back leg. Repeat 3 times



6. Stand with the leg to be stretched behind the other leg. Push your heel down while bending the knee to stretch the Achilles tendon



7. Stand holding on to a support. Bend one knee and take hold of the ankle. Draw your heel towards your buttock. Tilt your hip forwards so that your knee points towards the floor. Feel the stretch in the front of your thigh. Hold 30 secs. Repeat 3 times.



8. Lying on your back put a band under the sole of your foot and hold onto the band with both hands. Lift your leg straight up. Pull the band flexing the ankle and stretching the back of your thigh. Hold approx 30 secs. Repeat 3 times