



Top Tips

- Get fit **before** your holiday
- Check equipment;
 - General condition of binding
 - Wear the correct size Ski boot!
 - Keep soles of ski boot in good condition
 - Make sure bindings are on the correct setting

Warm-up:

- Start slowly and gradually increase the intensity
- Can include a brisk walk to the slopes or climbing up and down stairs

Cool down properly:

- Make sure you stretch at the end of the day

- Recognise when you are tired and have a break
- Ski within your own ability
- Wear appropriate clothing
- Never ski off-piste on your own
- Read the “Skiers Code”

At Central Health we offer:

- An individual get fit to ski assessment
- Get fit to ski exercise classes
- Ski Boot assessments

Skiing Injuries

