



## **GROUP MANAGEMENT AND SAFETY**

### Prevention and Protocols

**Location:** Silver Star Mountain Winter Programming

#### **INTRODUCTION**

Coaches and participants should always follow best group management practices. These are taught and reviewed with all coaches prior to start of each season:

- in the Fundamentalz coach training module
- <https://silverstarfreestyleskiclub.wildapricot.org/resources/Documents/SS%20Freestyle%20Group%20Management%20Protocol.pdf>
- Reviewed in coach training

This document is to serve as guide for coaches and athletes on what to do if an athlete or athletes gets separated from their group.

#### **Coaches and Parents Roles**

It is always important coaches and parents teach athletes what to do to stay safe while skiing in SS Freestyle programs. There are three areas covered in this document:

- Skiing safe and riding chairlifts
- What to do if you get separated
- What to do if there is an injury or accident

#### **Skiing safe**

#### **ATHLETES RESPONSIBILITY**

Athletes must always listen carefully to coach instructions, so they understand where the team / group is going and stay safe the time with the program.

#### **POWDER BUDDY(S)**

- Each day athletes should have a powder buddy or small group of 3 with in their group. This person(s) is someone you stay with when in transit between training locations, tree skiing and/or free skiing with the group. Each pair/group should have a call word for their buddy.
- Powder buddies should always remain with in earshot of each other so if someone falls or is in trouble they can stay with their buddy.



## CHAIRLIFTS

- All participants should be able to load lifts and use the safety bar while using chairlifts.
- The coach must always ensure the participant have the skill to load and unload lifts safely.
- The coach must always ensure the participants have the skill to put the bar down and lift the bar up with in a safe distance of the lift terminals.
- Listen carefully to lift operators, ski patrol and other ski resort staff.
- Coaches and parents have the responsibility to ensure children have good lift riding habits and skills before riding on their own without a coach or adult.

## ALPINE RESPONSIBILITY CODE

Coaches and parents should review the Alpine Responsibility Code with their participants and children.

[Click here](#)

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## SEPARATION FROM THE GROUP

SS Freestyle strives for having good group management so that participants are not lost or unsafe. In the unfortunate situation where an athlete gets separated from their group SS Freestyle recommends the following:

### Prevention:

- *Coaches:* Give clear instructions, use powder buddy system, ensure athletes understood your instruction, do head counts regularly and at top and bottom of each lift.
- *Participants:* Listen carefully to coach instructions, ensure you have a powder buddy or buddies, know where you are going with your group, know your coaches name, (ie. SS Freestyle Freestylers)
- *Parents:* Review above information with your athletes prior to arriving at the hill.

### What to do if I am separated from my SS Freestyle group:

#### *Coaches:*

- Keep group safe and go to bottom of the closest lift.
- Immediately contact Program Director or (Head Coach of the program)
  - on the radio
  - OR 250-550-5322
- Immediately let all other coaches know over the radio that we have a lost skier and what the last known location was.
- Immediately contact ski patrol.
  - Ski Patrol 250-558-6048
  - Let them know we have a lost skier and what the last known location was.



- Program Director or Head coach will coordinate search plan with patrol.
- Immediately send someone to the last known location

*Athlete:*

- Ski to bottom of closest lift
- Talk to a safe adult. Someone who works for SS Freestyle (another coach) or a Silver Star staff person.
- Stay with your powder buddy.
- Contact SS Freestyle – 250-550-5322 and/or Ski Patrol 250-558-6048

Other athletes and powder buddies

- Powder buddies are responsible for skiing safely with their other buddy.
- Always know where your powder buddy is when skiing.