

Ski Tips for everyone

Skiing is a social sport and people will ski intoxicated by alcohol or drugs. Please don't. You are not only endangering your own life, but the well being of others as well. Many drugs only give you a sense of well being while in reality your reflexes are slower and you are less alert. For example, booze, although it makes you feel warmer, actually dilates your blood vessels and you lose heat, making you colder and more susceptible to frostbite. You'll enjoy skiing much more if you're straight (not impaired). Save the apres ski festivities for home.

When waiting for the T-bar, look for singles. It's a great way of meeting new friends and makes the line move faster. If you're waiting for a friend, or looking for a partner, please stand to the side and let others pass by. Another way to make friends is to look for frostbite. This appears as white, blotchy areas of skin. How do you make friends looking for frostbite you ask? Just ski up to a frostbitten face and put a warm hand on the affected part.

As your turn for the T-bar approaches, take poles off your wrist and hold them in the outside hand with the tips to the bottom rear. This helps protect someone behind you from a facial injury. If you are unfamiliar with the operation of the ski lift, ask a ski patroller.

When taking the T-bar up the hill, please stay in the tracks. Skiing off to one side, even if well intentioned, may cause the cable to jump off the rollers, shutting down the

T-bar, or injuring someone. Jumping while on the tow will do the same. This is expensive, time-consuming and makes the wait at the next T-bar twice as long.

When getting off the T-bar, please release the bar slowly and ski off to one side. This helps prevent costly repairs to the tow, as well as stops the bar from swinging into someone else.

Please don't ski down the T-bar run. This way you won't hurt yourself or anyone else. If you must get off the T-bar before the top, either ski over to the next trail or take your skis off and walk down.

Please ski only on the open groomed trails and not through the woods or on closed trails. We don't sweep these trails at the end of the day and it may be a long time before someone finds you if you're injured. The open groomed runs are safer and that's where we can help you.

Bring goggles along when skiing. They will protect your eyes in the event of a fall and if you wear the correct lens color will help you see in poor lighting conditions.

A strong, warm limber muscle works better and is less susceptible to injury in a fall. This is why we suggest that you do a few limbering up exercises, like climbing or jumping before your first run. If you don't want to jump up and down in front of your friends, take it easy for the first few runs, and let your muscles warm up.

It is important to keep your boots clean and in good repair so that they will last and perform well for you. Avoid rocky

or muddy parking lots. This will damage the bottom of your boots and the rocks you pick up will, in turn, damage your bindings as well as turning your anti-friction device into a friction device. Remember to clean your boots of snow and grit before popping into your bindings. This will help your bindings release when you need them.

We suggest at the beginning of each skiing day, whether you own or rent (especially if you rent) that you check your bindings visually and mechanically. You should check to see that your bindings are set properly by kicking out each of them both to the side and to the front. This is called a self release. If you don't already know how to do this, ask a patroller.

You can check the sharpness of your edges by yourself. Just run a fingernail across the edge and if you get a shaving from your nail, they will be alright. Edges should never be sharp enough to cut your skin.

We strongly recommend that everyone take ski lessons, especially beginners. Our statistics show that more than 75% of skiers without lessons, aged 20 and under, have accidents. Learn how to ski properly, safely and in changing snow conditions. We suggest that if you're already an accomplished skier, take lessons to improve your style.

It is important to ski within your ability. If you're unsure about how difficult a run is (or anything else for that matter), please don't hesitate to ask a ski patroller, or someone familiar with the ski hill. Many hills have signs posted at the

top of each hill. A green circle represents an easy run. A blue square represents an intermediate run. A black diamond represents an expert run. If you accidentally find yourself on a run too difficult for you, ask a patroller to help you down or take your skis off and walk down the edge of the run.

Skiing fast is fun if you can handle it. Remember if you ski fast, ski in control and within your ability. Please don't bash the hill.

Ski jumping can be lots of fun, but the potential for disaster is great. If you want to build a jump, check with the area management. Some areas will even lend you the shovels. If you do some jumping, have a friend stand to one side of the jump and check to make sure the landing is safe.

On cold days there is a danger of freezing your skin. This is called frostbite. It appears as white, waxy and blotchy areas of exposed skin. Frequently this means your ears, nose and cheeks. You can help your fellow skier and maybe make a friend by warming the affected area with your hand. Warm gradually and never rub it, especially not with snow. You'll only damage the underlying tissue more. If you can't bring yourself to warm someone else's frostbite, please tell them about it and how to treat it.

The Canadian Ski Patrol is a volunteer, non-profit organization and we are on the hill to help you, render first aid if you need it, and get you off the hill. We appreciate your support and hope that you will help us financially as well as

co-operate with us by reporting any dangerous skiers and hazards on the hill which could jeopardize your safety and fun. Most importantly, please report any accidents to a Can. Ski Patroller.

When skiing at a new area, consult either the giant map some areas have or ask a ski patroller about the "lay of the land" and the difficulty of the different runs. This will make your ski day more enjoyable and accident-free.

Don't ski when tired. You will be more prone to falling and more likely to injure yourself. When tired, take a break and chat with a friend. Remember, many injuries occur at the end of a run and at the end of the day, both times when you're most tired.

You can help keep your bindings clean, lubricated, as well as prevent icing and rusting by using a silicone spray on your bindings after a day's skiing. Then remember to cover your bindings with a binding protector for the trip home.

Safety

Please, when going out for a day's skiing, never borrow someone else's equipment. It is better to rent and do a self-release check. Many accidents result from equipment not fitting properly. This can be from boots being too large or too small, skis being too long or too short and most importantly, bindings being set either too high or too low. Remember, renting may hurt your pocketbook a little, but borrowing will hurt more. (Last year an eleven-year-old girl suffered a boot-top fracture because her cousin in University loaned her his roommate's equipment.)

Letters to the Sports Editor

Dear Editor,

I just finished reading Richard Riley's article "They Say Big Boys Don't Cry" in the November 19 Brunswickan. I remember some great football games during my two years at UNB (77-78). I also remember how disgusted I was when I heard the Red Bombers were no more. Then, as now, I find it hard to believe that a University the size of UNB does not have a football team. Granted, football is an expensive sport but they always had fan support. No matter what the weather, there was always a large crowd at College Field for home games. I remember that last home game of '77. (It was against St. F.X., not Acadia, as I remember it). It was a cold, wet day but College Field was packed with fans who stayed until the end.

College Football is, as often as not, as entertaining as professional football and I'm sure that the students of UNB (and the people of Fredericton) would gladly support a revival of the Bombers.

Mr. Riley neglected to mention one of the finest wide receivers UNB had in the seventies. Stu Fraser was with the Bombers for four years and was nominated to the all-Canadian team at least twice. He is now playing with the Saskatchewan Roughriders of the CFL.

Hopefully, UNB will someday see fit to revive the Bombers. I, for one, hope that it is soon.

James Brock

P.S. Congratulations on an excellent paper so far this year!!

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