



risk factors in snowparks

PD Dr. med. D. Heim, Suva Lucerne
Mr. Samuli Aegerter, Suva Lucerne



Laax

some facts (from Switzerland):

65'000 ski- and snowboard-accidents/ year

4'800 (7.4%) in snowparks

77% in snowparks due to jumps

60% of the patients 10-19 years old



Injuries in snowparks more severe than on the slopes (USA/ Canada)



accidents in snowparks:

- 5.2% skiers

- 16% snowboarders

Anteil der Verletzten nach Unfallort, Saison 2012/2013

places of accident

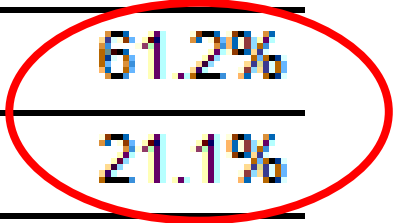
	Skifahren in %	Snowboard- fahren in %	Total in %
slope	83.9	73.7	81.8
snowpark	5.2	16.0	7.4
free-riding	3.2	3.3	3.2
Einstieg/Ausstieg Schlepplift/ Sessellift	2.0	1.3	1.8
In Gebäude (z.B. Restaurant, Seilbahnstation)	1.6	1.3	1.5
Schlepplift	0.8	1.3	0.9
Rennpiste	0.8	0.3	0.7
Abfahrtsroute	0.7	0.6	0.7
Schlittelweg, -piste	0.2	0.0	0.2
Strasse	0.2	0.1	0.1
Fussweg, Wandernweg	0.1	0.1	0.1
Anderes	1.4	2.0	1.5
Total	100	100	100

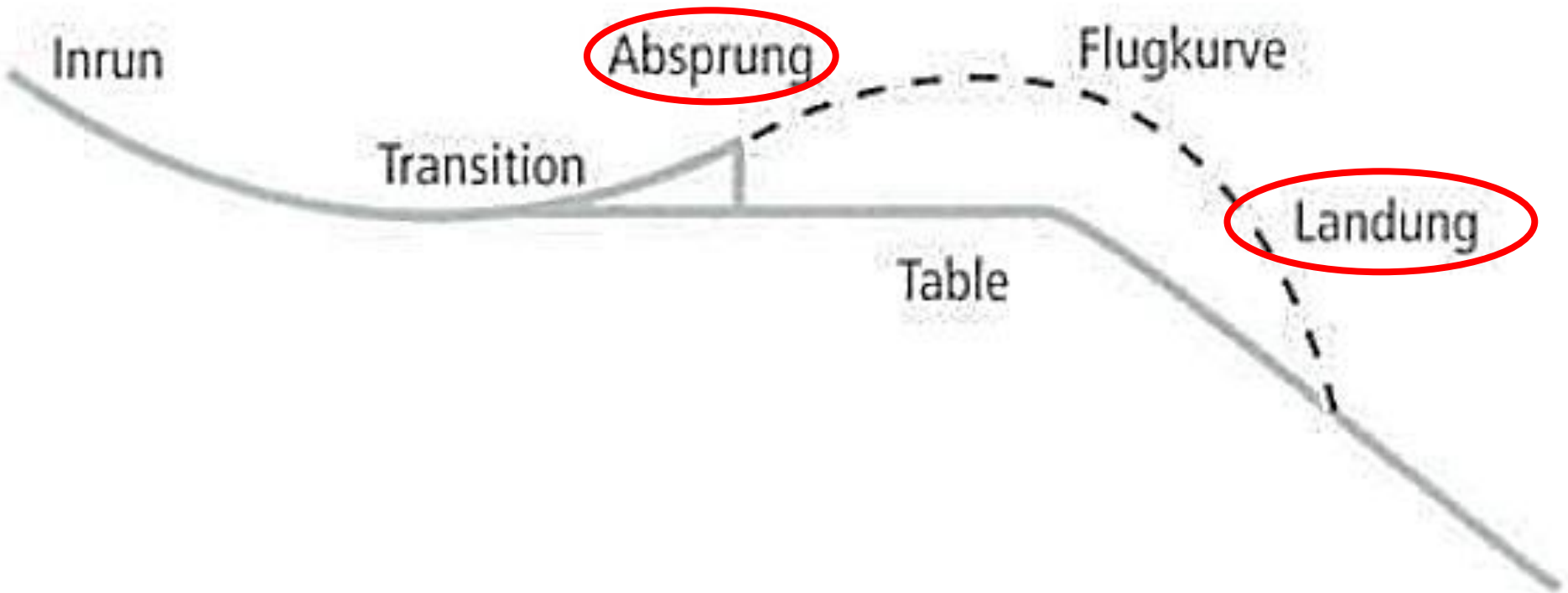
„mechanisms“ of accident

Unfallhergang	Skifahren in %	Snowboardfahren in %	Total in %
with jump	12.0	19.8	13.6
without jump	79.3	75.8	78.6
collision with person	7.1	3.2	6.2
collision with object	1.7	1.3	1.6
Total	100	100	100

age of injured

Altersklasse	Anteil
0–9	4.0%
10–19	61.2%
20–29	21.1%
30–39	6.6%
40–49	4.6%
50–59	1.9%
60–69	0.4%
70+	0.3%
Total	100%





the jump



LAAX

SNOWPARK

DE

Denke daran, dass sich die Bedingungen laufend verändern und die FIS-Regeln und SOLI-Richtlinien auch hier gelten.



erst schauen
dann springen



plane
deinen Lauf



geh es
langsam an



Respekt
verdient Respekt



small
Diese Elemente werden eine geringe Abfahrtschneeauflage und sind leichter leicht für Snowpark-Beginner.

FR

N'oublie pas que les conditions changent en permanence, et que les règles de la FIS et les directives de la SOLI sont aussi valables ici.

regarde avant
de sauter

planifie
ton passage

vas-y
gouffement

le respect
invite au respect

small
La hauteur de chute de ces éléments est peu importante et ils peuvent être parcourus en glissant (sauf par les novices dans le snowpark).

IT

Ricorda che le condizioni cambiano costantemente e che le regole FIS e le direttive SOLI valgono anche negli snowpark.

controlla prima
di saltare

planifica
la discesa

procedi con
passo per volta

rispetto
chiede rispetto

small
Questi elementi hanno un'altezza minima di caduta e possono essere percorsi in scivolo (salvo per i principianti nel snowpark).

EN

Keep in mind that the conditions are constantly changing and that the FIS rules and SOLI directives also apply here.

look before
you leap

make
a plan

easy
style it

respect
gets respect

small
These elements have a low fall height and are suitable even for snowpark beginners.

Start small and work your way up.



prevention in snowparks ...

more than just protective gears

prevention in snowparks

- physical
- psychological
- social
- protective gears

Physical

- adapted speed
- good physical condition
- warm-up
- start with simple elements

Psychological

- risk evaluation
- focus on the run
- don't overestimate yourself
- sensation seeking

Social/ behaviour

- **respect**
- **no imitation of difficult leaps**
- **avoid collisions on the jumps**
- **no sensation seeking**

protective gears





effect
controversial

and of course...



no landing on the back





inspection first ...



the end