

An aerial photograph of a snowpark, showing a variety of snow-covered ramps, jumps, and rails. The snow is bright white, and the shadows cast by the structures are dark, indicating a sunny day. The terrain is uneven, with different levels and shapes of snow formations.

snowparks – fun and danger

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Laax/ Switzerland

10 BEST FRENCH SNOWPARKS

An aerial photograph of a snow park with various ramps, jumps, and features. The snow is bright white, and the shadows cast by the structures are dark blue. Several people are visible on the slopes, and a red banner is visible in the upper right corner.



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New Zealand



Japan



Toyama

Nagano

Kanazawa

TOYAMA

Hotaka Peak
3190 m (10,466 ft)

Nago Shinkansen

Mount

Mount Haku
2702 m (8865 ft)

Norikura Peak
3026 m (9928 ft)

Fukui

Takasu Snow Park

NAGANO

Mount Ontake
3067 m (10,062 ft)

Chuo EXPWY

ango Peninsula

GIFU

Mount Ibuki
1377 m (4518 ft)

Gifu

YAMA

Minako-yama
972 m (3189 ft)

Lake Biwa

Nagoya

YOTO

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



„Terrain park injuries were more likely to be severe, involving head or back“

Brooks MA et al. InjPrev 2010; 16(2): 119-122

accidents in snowparks:

- 5.2% skiers
- 16% snowboarders



Anteil der Verletzten nach Unfallort, Saison 2012/2013

places of accident

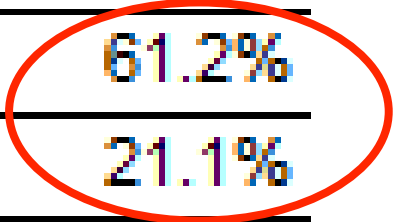
	Skifahren in %	Snowboard- fahren in %	Total in %
slope	83.9	73.7	81.8
snowpark	5.2	16.0	7.4
free-riding	3.2	3.3	3.2
Einstieg/Ausstieg Schlepp- /Sessellift	2.0	1.3	1.8
In Gebäude (z.B. Restaurant, Seilbahnstation)	1.6	1.3	1.5
Schlepplift	0.8	1.3	0.9
Rennpiste	0.8	0.3	0.7
Abfahrtsroute	0.7	0.6	0.7
Schlittelweg,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

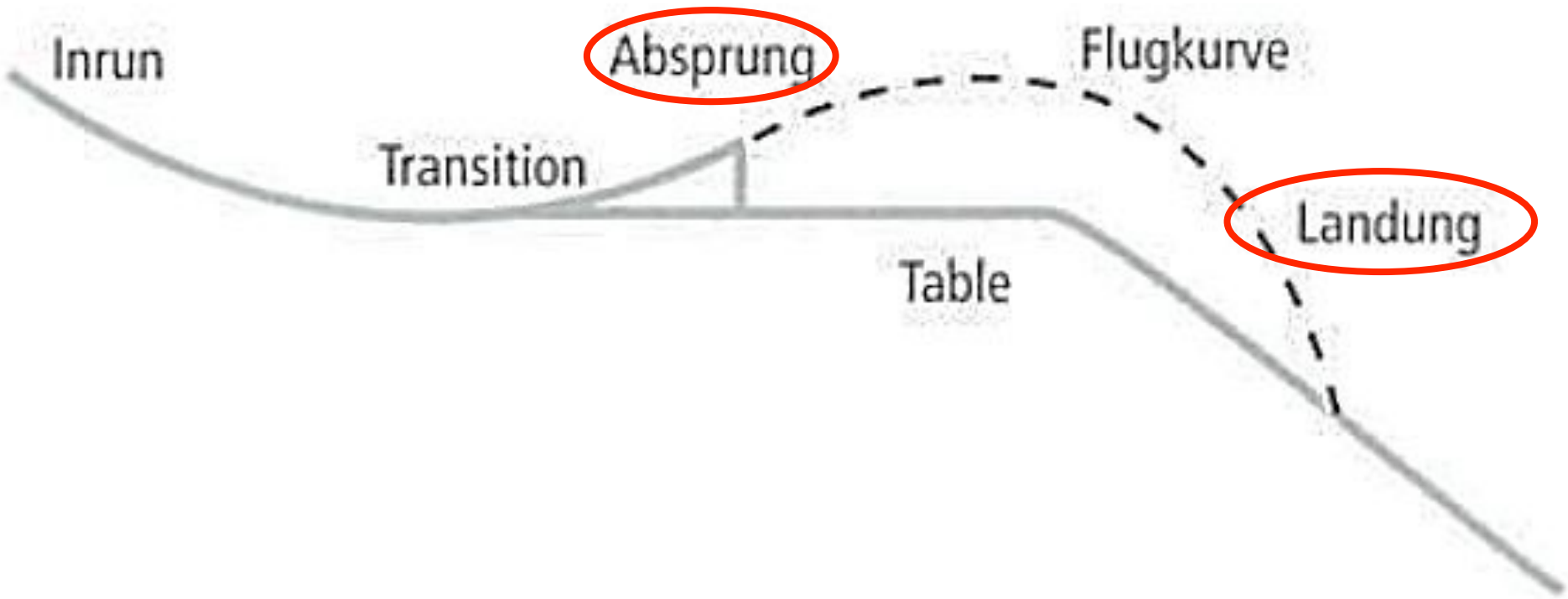
„mechanisms“ of accident

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



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 Abfahrtschnee und
und sind leichter auch für
Snowpark-Beginner.

FR

N'oubliez 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
gentiment

le respect
invite au respect

small
La hauteur de chute de ces
éléments est peu importante
et ils peuvent être parcourus
en glissant facile par les
nouveaux 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

pianifica
la discesa

progredisce in
passo per volta

rispetto
chiede rispetto

small
Questi elementi hanno
un'altezza minima di caduta
sono utilizzabili anche dagli
iniziati 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.



how to cut the risk...

no risk no fun!



**POINT
BREAK**

prevention in snowparks ...

more than just protective gears

prevention in snowparks

- physical

- psychological

- social

- protective gears

physical

- speed
- condition
- simple elements

KEANU REEVES DENNIS HOPPER SANDRA BULLOCK

GET
READY FOR
RUSH
HOUR.

SPEED



TWENTIETH CENTURY FOX PRESENTS A MARK GORDON PRODUCTION KEANU REEVES DENNIS HOPPER SANDRA BULLOCK "SPEED" JOE MORTON AND JEFF DANIELS WITH MARK MANCINA

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MPAA RATED R FOR LANGUAGE, DRUG USE, AND SOME SMOKING
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think before you go...

psychological/ social

- **risk evaluation**
- **don't overestimate yourself**
- **no sensation seeking**

VERTICAL LIMIT

COLUMBIA TRISTAR



HOME ENTERTAINMENT

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no peer-influence

keep it simple

don't show off

protective gears





effect
controversial

and of course...





no legal and illegal drugs

no landing on the back





inspection first ...

sociocompatibel



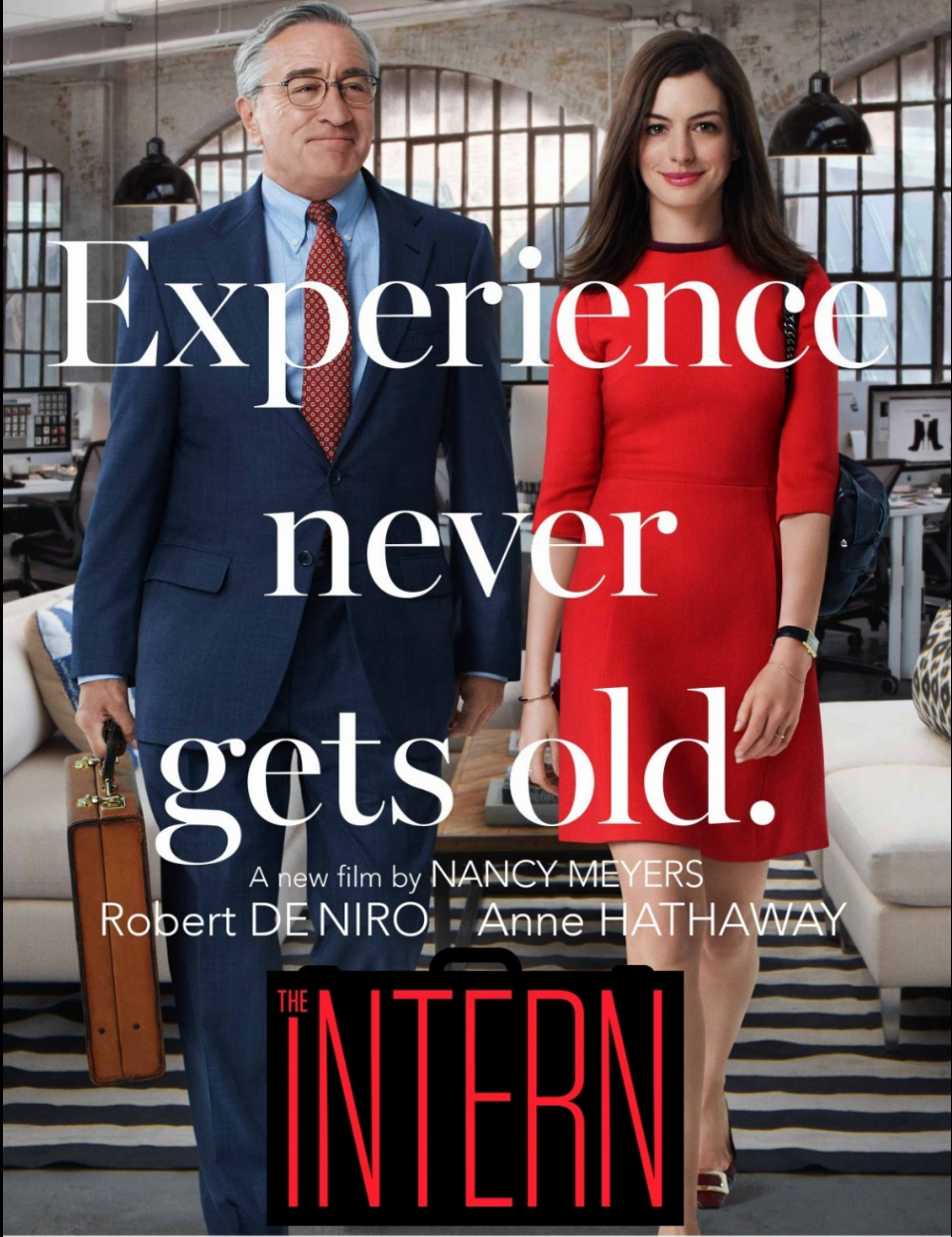
Experience never gets old.

A new film by NANCY MEYERS
Robert DE NIRO Anne HATHAWAY

THE INTERN

From the Writer/Director of
IT'S COMPLICATED, THE HOLIDAY, SOMETHING'S GOTTA GIVE

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our parents tried it also...

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the end