

# Winter sports checklist:

Here are some tips from the FCO and the Association of British Travel Agents to help you stay safe on the slopes:

- ✓ **Take out comprehensive travel insurance with winter sports cover and check the details.**
- ✓ **Have a medical check-up before you go. One of the major causes of hospitalisation and death on the slopes is heart attacks.**
- ✓ **Don't drink and ski. Alcohol can affect you more quickly at high altitudes. If you drink before any activity on the slopes you may well invalidate your travel insurance.**
- ✓ **Watch your speed and distance. Most skiing injuries are caused by collisions with other skiers.**
- ✓ **Stay in your comfort zone. Don't attempt slopes you're not experienced or fit enough to tackle.**
- ✓ **Wear the right safety equipment including a helmet. Many insurers insist on this.**
- ✓ **If you plan to ski off piste make sure your insurance policy covers this. Go with a qualified guide and carry a shovel, probe and transceiver in case of an emergency.**
- ✓ **Make sure someone knows where you're going, and tell them of any changes to your schedule.**
- ✓ **Know how to contact the emergency services. Dial 112 in Europe and 911 in the US and Canada.**