

Title:

Avoiding Common Snowboarding Injuries

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796

Summary:

Snowboarding is a fun sport to undertake but it has its risks that you need to be aware of. N

Keywords:

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Article Body:

Snowboarding is a fun sport to undertake but it has its risks that you need to be aware of. N

Make sure you're in shape to ski. Organize for your winter sports trip with a training program
Wear suitable layers of clothing, that don't confine your movement. You do not want to be all

Just like any other sporting activity, warm up and cool down. Before you hit the slopes take
The top injury that a majority of the snowboarders receive is a wrist injury. Falls are more
You may think this will save you money, but in the end it may cost u thousands in hospital bil
Another good tip is Use 'multi-mode' release bindings if possible. The superior release availa

Self-test your bindings every day. Self testing of bindings is simple. Step into the binding a
The Final Suggestion is to follow the FIS Rules for Conduct in Winter Sports.

1. Respect for others

A skier or snowboarder must behave in such a way that he does not endanger or prejudice others

2. Control of speed and skiing or snowboarding

A skier or snowboarder must move in control. He must adapt his speed and manner of skiing or s

3. Choice of route

A skier or snowboarder coming from behind must choose his route in such a way that he does not

4. Overtaking

A skier or snowboarder may overtake another skier or snowboarder above or below and to the rig

5. Entering, starting and moving upwards

A skier or snowboarder entering a marked run, starting again after stopping or moving upwards

6. Stopping on the piste

Unless it is absolutely necessary, a skier or snowboarder must avoid stopping on the piste in

7. Climbing and descending on foot

A skier or snowboarder either climbing or descending on foot must keep to the side of the pist

8. Respect for signs and markings

A skier or snowboarder must respect all signs and markings.

9. Assistance

At accidents, every skier or snowboarder is duty bound to assist.

10. Identification

Every skier or snowboarder and witness, whether a responsible party or not, must exchange name

With all these tips that have been shared with you, I hope you learned something and will have

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