

# Ski Canada Safety Tips

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## Source

Skiing is an extremely popular winter activity in Canada. Among other the ski safety tips can be mentioned familiarizing with Canada's Alpine Responsibility Code; building confidence by taking lessons if you are skiing or boarding; wearing a helmet to reduce the risk of head injuries; paying attention to signage and maps and watch for hazard signs; getting acquainted with trails and terrain before heading off on your own to explore; and skiing and boarding with care and courtesy.

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