

PISTE OFF BRITS URGED TO KEEP CALM ON SKI SLOPES

Insurer warns of the dangers posed by stressed out skiers

A million Brits will be heading to the slopes this winter, clutching their skis and snowboards, hoping for a relaxing break. However, with the peak half-term season just around the corner, **Lloyds TSB Insurance** is warning of the dangers of ski rage as the stress of the slopes takes its toll. According to figures from Lloyds TSB Insurance, February is the month when most ski claims are received.

Claims for injuries, medical expenses and lost property are the most common submitted by Lloyds TSB Insurance customers, many of which are likely to be the result of the rising tension between fellow skiers.

Phil Loney, Managing Director, Lloyds TSB Insurance, said: “A winter sports holiday may mean ice cold temperatures, but in many cases, tempers are anything but cool. The stress of the slopes, with ‘ski-schoolers’ practicing snow ploughs, while the pros hurtle down the black slopes is bound to test even the most mild mannered skier.”

Lloyds TSB Insurance has identified the types of skiers most likely to spark ski rage and cause potential punch ups on the piste:

- **Speeding skiers** who shoot down the slopes with little regard for others
- **Ski lift queue dodgers** who don't wait their turn to get to the top
- **Swervers** who cut up other people
- **Ski School starters** who set off on their skis without knowing how to stop
- **Lift hoggers** who don't move away from the lift when they dismount

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Phil Loney, added: “While most people have travel insurance, not all of us remember that winter sports are not automatically covered. Checking that you are covered for injuries or lost property on the slopes is an absolute must.”

Lloyds TSB Insurance has compiled a quick-fire guide to the ski safety:

- **Watch out for other skiers.** Collisions with others on the slopes are one of the main causes of accidents and ski rage on the piste.
- **Check your skis.** You’ll need to ensure that both your skis are properly adjusted to your weight and height.
- **Warm up.** Before you start your day’s skiing do some simple exercises to avoid strained muscles. If you’re planning on tackling more advanced slopes, at least start out with a couple of slow runs.
- **Keep control.** Don’t ski beyond your ability and respect the various difficulty levels of the slopes.
- **Stay on the trails.** Don’t venture onto potential avalanche areas e.g. where there is deep snow.
- **Dress warmly.** Wear layers of close fitting clothing to avoid getting tangled in ski lifts and on ropes.
- **Take breaks.** Many injuries are caused by weary skiers at the end of their day.
- **Stay aware.** Keep your eyes on the slopes and watch out for patches of ice and rocks. Take special care in bad weather and snow blizzards, when visibility could be a problem.
- **Take lessons.** Enrol in ski school before you take to the slopes for the first time. Even if you have had lessons in the past, it can be a good idea to take a refresher course.
- **Keep hold of your skis.** If you’re taking a break, make sure you don’t lose sight of your skis, boots and poles. Find a locker at the resort if at all possible.

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