



# Skiing After Loss

## The safety practices our family follows




In 2019, my son William died in a ski accident.

In order for me and my family to return to the mountain and ski again, we made a commitment to approach it differently. Intentionally. Thoughtfully. Carefully.

Here are the things we do to make skiing safer for our whole family:

### **1. Put Little Kids in Ski School**

I let the professionals teach them. Yes, it's expensive. But a strong foundation, proper technique, and trained supervision matter deeply to me.



### **2. Never Ski Alone**

Always have a buddy. Always know where your people are.

### **3. Stay On Marked Trails**

Never ski off-trail. Only ski where the mountain has deemed it appropriate and safe.



### **4. Follow Every Mountain's Safety Rules**

Each resort is different. Review posted guidelines and refresh your knowledge before you head out.

### **5. Brush Up on Safety Education**


We review tips from the Snow Angel Foundation to stay current on best practices for preventing collisions and serious injuries.

### **6. Wear Bright, Visible Colors**

If someone falls or visibility drops in a whiteout, being easily spotted matters.

### **7. Use Hands-Free Communication**

We use helmet communication systems like the Cardo Systems so we can talk to each other easily while skiing.



### **8. Make Sure Equipment Fits Properly**

Bindings adjusted. Boots fitted. Skis tuned. Helmets snug. Don't skip this step.

### **9. Study Your Routes in Advance**

Look at trail maps together. Collaborate with your ski partners. Check for closures before you head out so no one gets stranded or confused.



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## **10. Listen to Your Body (and Your Kids')**

Fatigue leads to mistakes. If you need a break, take it. Tired legs are risky legs.

## **11. Wear a Whistle**

If you're injured or in danger, a whistle can alert others faster than shouting.

## **12. Use GPS Tracking**

AirTags, phones, or mountain-based systems can add an extra layer of reassurance. Advocate for your mountain to adopt advanced skier-tracking technology when possible.



## **13. Always Wear a Helmet**

It should go without saying — but it must be said.



## **14. Avoid Alcohol/Drugs During the Ski Day**

Alcohol, etc. impairs judgment, balance, and reaction time. Impaired skiing is not different than impaired driving. If you choose to drink, wait until you are completely done skiing for the day (and not driving home).

We can't eliminate every risk.

But we can choose intention over assumption. Preparation over casualness.

Presence over pressure.

Returning to the mountain after loss requires courage — and care.

This is how we hold both.

If this helps even one family ski a little more thoughtfully, then sharing it is worth it.

