

POINT FORM SUMMARY

- A study with 75 lift operators, instructors and patrols at 5 resorts indicated:
- Ski area employees do not generally practice good nutritional or hydration strategies
 - 85% of employees studied did not meet the minimum Recommended Nutrient Intake (RNI) for water, 43% had water intakes less than half of this value
 - The intake of saturated fat, total fat and sugar were more than twice the RNI
 - 60% of employees studied did not meet the minimum RNI for fiber or Vitamin E, 70% did not meet the minimum RNI for Omega-3 Fatty Acids and 98% had inadequate intakes of Vitamin D. Intakes of potassium and magnesium were also low
 - 25% of individuals experienced at least one hypoglycemic event/day, 51% reported glyceemic symptoms
- Measured joint stability at the shoulders, lumbar spine, hips and knees indicated poor movement control for nearly all tested employees
 - The results of a test designed to load the lumbar spine (lifting a pair of skis) with destabilization (single leg-stance) indicated that only 7% of tested employees could control movement at the lumbar spine, hips or knees while performing this action
 - The results of an endurance test designed mimic loading of the lumbar spine, hips, and knees while travelling downhill indicated that only 3% of tested employees could control these joints when fatigued
 - The test designed to load the thoracic spine and shoulder indicated that only 11% of tested employees could control movement at the shoulder joint
 - 91% of participants had some level of chronic pain from a previous injury
- The base fitness level of most employees tested did not appear to be very high
 - 32% of tested employees were overweight, 18% were obese
 - Heart Rate (HR) recordings during work days indicated that workers spent an average of 20±2 minutes engaged in aerobic work (HR = 120-129), 14±2 minutes engaged in moderate aerobic work (HR = 130-139) and only 13±2 minutes engaged in heavy aerobic or anaerobic work (HR < 140)
 - 61% of employees met the minimum physical activity requirement for health.
 - 49% of employees participated in physical activity outside of work
- The Fit for Snow program was well received, survey results indicated that
 - 87% of surveyed employees who received the training utilized at least some parts of the program
 - 59% of employees who did not receive training but who had heard about the program utilized at least part of the program
 - Of those employees surveyed, 47% felt that Fit for Snow had a positive impact in reducing injuries in their peers, 35% could not tell, and 18% felt that there had not been any impact of the program in reducing injuries
- Injury rates at ski areas that utilized the program declined by an average of 70% in comparison to an average increase of 25% in 4 areas that did not use the program

- Fit for Snow is an extremely effective program for enhanced health and wellness specific to young ski resort workers. Delivery of the program at fall training along with weekly in-house coaching can result in large reductions in the number of injuries experienced by these workers