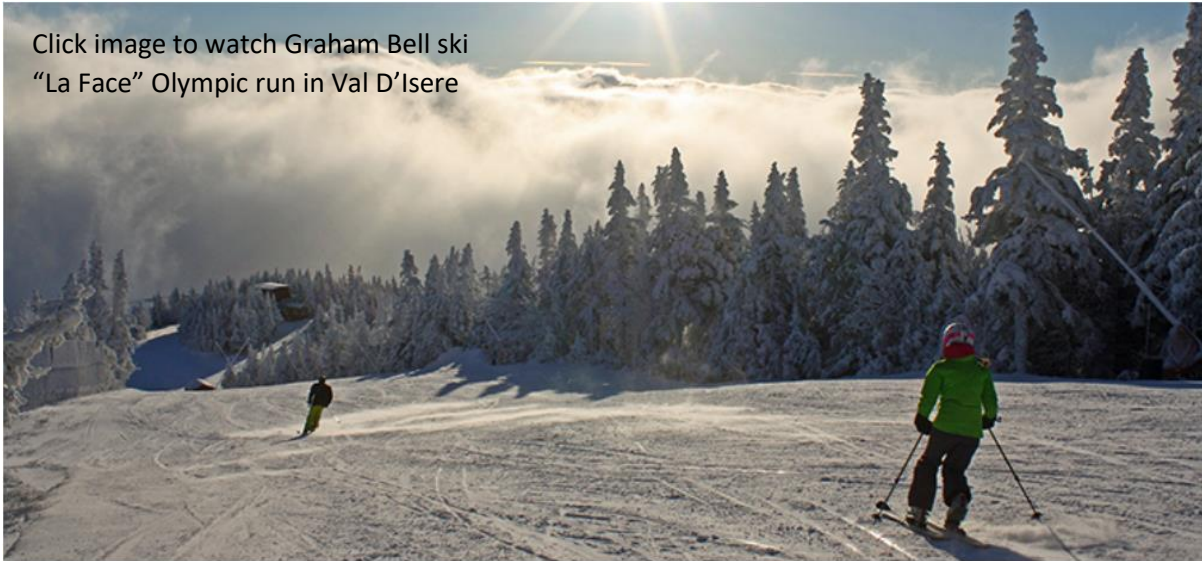


Mountain risks & First Aid

Click image to watch Graham Bell ski
"La Face" Olympic run in Val D'Iserere



The high mountains are a place that I love to escape to as often as possible. The cold crisp air, beautiful scenery, the peace and quiet, the incredible sensation of carving from summit to valley on a pair of skis is an experience that excites me as autumn turns into winter every year.

However, you must respect the environment, there are many risks that all winter sports enthusiasts should be aware of whilst in the mountains.

Your task

Pick a mixture of the conditions from either side of the table. (4 would be good)

Environmental conditions	Personal conditions
White out	Snow blindness
Blizzard	Frost nip
Avalanche	Frost bite
Foehn effect	Hypothermia

Research & create a short presentation to show the following:

1. A definition and or description of what the condition is, its causes, impacts and effects on people and the environment.
2. Any good images to provide a visual indication of the condition.
3. How people in the mountains may try to overcome the risk with clothing, equipment, technology and what first aid is used to treat the condition.
4. Research something called an **avalanche airbag** (there are some good videos out there) – state how it works to protect the skier / boarder in the mountains.

Email your completed presentation to me ml@warwick.surrey.sch.uk.

Have fun! – *Mr Miles*