



***SHORTLAND ALPINE
CLUB
MULUBINBA LODGE
INFORMATION
BOOKLET
COVID 19***

REV. February 2021

*Welcome to Shortland Alpine Club's Mulubinba Lodge.
The following notes have been prepared for first-time visitors to the Lodge
and to bring old timers up-to-date.*

IF THE LODGE IS UNOCCUPIED ON ARRIVAL:

(See Lodge Captain's Information Booklet, in the Pantry, for full details)

1. Familiarise yourself with the operation of the front door lock.
It is possible to lock yourself out! Remember the code for the door.
2. Turn on the tap to under-sink heater in the kitchen under the far end of the sink bench.
3. Turn on the 4 switches contained within the yellow boxed line at the bottom centre of the Sub-Main Switchboard located in the entry porch.
4. Check that heaters in vacant bedrooms are turned off.

ON LEAVING THE LODGE WHEN IT IS TO BE UNOCCUPIED

(See Lodge Captain's Information Booklet, in the Pantry, for full details)

1. Carry out a complete Lodge Clean-up.
2. Completely clean out refrigerator and deep freezer and leave the doors open.
3. Switch off all lights, heaters, power points, refrigerator and drying room heater.
4. Check that all doors and windows are locked.
5. Switch off the 4 switches in the yellow boxed line at the bottom centre of the Sub-Main Switchboard located in the entry porch.
6. Do NOT alter the thermostat settings for the floor heating in the bathrooms. (The heated floor prevents pipes from freezing in both Winter & Summer)

LODGE CAPTAINS AND THE HOUSE RULES

House rules are common to all Club Lodges and are aimed at safety, efficiency, and comfort for all those who wish to enjoy the great sports of bushwalking, skiing and fishing, etc., with as little worry as possible. If a chore seems irksome, just remember that it would be twice as hard if the person before you had not done his or her job correctly. We can assure you that you personally benefit by giving your fullest cooperation to the Lodge Captain in doing your tasks and abiding by the rules and regulations. Please remember, the Lodge Captain is on holidays too, so help make his/her job easier.

Because we like Mulubinba to look neat and tidy, we have kept the number of posted instructions down to a minimum, therefore, if you are not sure about what to do or not to do, ASK the Lodge Captain.

IMPORTANT INFORMATION ABOUT FIRE PROCEDURES.

1. The Alarm

The Lodge is equipped with an automatic back-to-base fire alarm system designed to summon the fire brigade without any other intervention.

- **Residents must not touch the fire alarm control box under any circumstance.**
- **Only the fire brigade may re-set the alarm after checking the Lodge for fire.**

2. Fire Escapes and Exits

- Fire escapes are to be kept snow free
- Fire isolation doors must be kept closed

3. Emergency Exit Lights

- Spotlights will come on when the fire alarm system is triggered. These lights are mounted above both fire exit stairs on the Eastern side and in the Main Entry front porch

4. Evacuation Procedures

- Evacuation procedures are posted in each room. Please take the time to familiarise yourself and your family with these procedures & the location of fire extinguishers, fire blankets (kitchen) and hoses.
- **Fire bells must be obeyed immediately. The building is on an automatic back to base system so there is no need to phone the fire brigade.**
- Exit by the *nearest* external fire exit, loudly knocking on all doors as you pass. **DO NOT** open the fire isolation door that leads back into the lounge room and kitchen as this is most probably the source of the fire!
- Quickly move away from the building and **CONGREGATE OUTSIDE THE SWAGMAN LODGE.**
- Should anyone be missing, report this to the fire brigade officer
- Ensure that each night before going to bed you have in your room:-
Shoes suitable for the snow
Gloves, hat, warm pants and jacket ready to put on over your sleepwear.
- Take your car keys with you.

Additional Note: Items are **NOT** to be placed on room heaters as this creates a fire hazard

The Lodge is a smoke free zone. Do not smoke or use lighted candles or sparklers anywhere in the building.

CLEANING

All residents of the Lodge are required to assist in the day-to-day operation of the Lodge. Under the COVID19 Plan there are additional cleaning requirements that need to be completed twice daily. We ask for your cooperation in this matter. Failure to complete these tasks may lead to the Lodge being closed for future guests.

Please refer to the SAC COVID-19 SAFETY PLAN regarding cleaning of all areas of the lodge.

Kitchen:

Each room is allocated drawers. Please ensure that at the end of the week your drawers are thoroughly cleaned.

The kitchen must be cleaned and sanitised to a high standard before and after any meal / food preparation.

When using the microwaves ensure they are cleaned and sanitised to a high standard before and after any meal / food preparation.

Food:

We ask that guests consider bringing pre-prepared food that requires less time being spent in the kitchen and can be reheated quickly.

Refrigerator:

Please keep your section of the refrigerator clean for the duration of your stay. Take particular care that nothing drips (meat juice, etc.) from your shelf onto the food below. To avoid uneven cooling in the fridge, try to not overload the shelves (i.e. allow room for airflow). Do not leave food in the refrigerator or deep freeze when you leave. Give them to other guests or discard before leaving, even if you are planning a return visit. Lodge captains are instructed to dispose of any old food in the freezer if incoming guests don't have sufficient room for their food.

Frying Oil, Dripping etc.:

Please discard any accumulated dripping before departing.

Do not pour oil into the kitchen sink. Please empty this into the slops garbage at the end of each week or before departing.

Sink:

Please clear away all dishes after washing and wipe down the sink area and bench preparation area.

Bathroom, Toilets and Laundry:

The maintenance of these areas will be your responsibility.

PLEASE ENSURE THEY ARE CLEANED AFTER FINAL USE BEFORE YOU DEPART THE LODGE.

Living Rooms and Dining Area:

This area will require constant attention due to its communal usage. Cleaning of this area is part of the cleaning job and COVID Cleaning Schedules, and all residents are asked to assist in keeping this area clean and tidy.

WEEKLY CLEANING:

The following jobs are to be carried out by ALL residents of the Lodge prior to their departure, and must be completed before 10.00 a.m. on Sunday. Saturday evening is a convenient time. If you are leaving early, ask the Lodge Captain for a cleaning job that you can complete before departure.

1. All jobs listed on the daily cleaning schedule.
2. Empty and clean the refrigerator including the top and exterior. Do not use abrasives on the exterior.
3. Clean stoves including ovens and grills. Do not use foil in the grills or on the oven floors.
4. Clean microwave ovens.
5. Clean exhaust fan filters above stoves in hot water and detergent
6. Clean all kitchen utensils which are not up to standard.
7. Tidy and **vacuum your bedroom**, remove garbage, arrange furniture tidily and stack 2 blankets, 1 doona, 1 pillow and 1 bed cover on each bed. Put clean plastic liner in bin. Change the mattress protector if soiled and wash and hang in drying room. Replace with clean mattress protector from cupboard near room 4.
8. Generally clean and tidy the whole Lodge.
9. Discard all rubbish.
10. Sweep out pantry and workroom.

GARBAGE

Different procedures are adopted for the disposal of rubbish during Winter and Summer.

Winter:

During Winter, all refuse is collected daily by a commercial waste disposal firm from the receptacle on the front porch.

The contractor will only remove rubbish from the receptacle when it is sorted into the correct large plastic bags that are to be found in the entrance to the wood room.

Please ensure that these bags are not wasted or used for anything other than garbage removal.

ONLY WHEN these bags are full, are they to be placed in the receptacle on the outside entry foyer

Under the kitchen benches there are four kitchen tidies.

Please ensure that rubbish is placed in the correct container:

1. Two for slops

The kitchen tidy bags containing the slops and waxed cartons when full, are placed into a large GREEN or BLACK plastic bag near the tool-room.

2. Two for recyclable materials (not paper).

The kitchen tidy bags containing the recyclable materials, being glass, plastic, steel and aluminium only (no paper, waxed cartons or cardboard) is to be tipped out of the bin liners into the CLEAR bag so that the collectors can see the contents. The bin liner is to go in the slops bag.

3. Flattened cardboard and newspapers should be placed into a separate CLEAR bag and when full placed in the receptacle on the outside entry foyer.

Do not burn cardboard or paper in the wood stove other than to start the fire.

Summer:

There is no garbage collection outside the winter season.

Garbage must be placed in the large bins at the Waste Transfer Station in Perisher Valley. (Behind the Ambulance Station)

Use the same bagging system as for winter.

Do not leave any rubbish in the Lodge when you leave.

ODD JOBS

We know that not everyone likes working when on holidays, but many members and visitors have given valuable hours of their holidays to keeping the lodge in working order. So if you see something that needs doing and you feel you have the necessary skill, hop right in and help us keep our Lodge well maintained.

Some of the jobs that have to be repeated regularly are:

Cleaning windows, doors and mirrors.

Tightening up the beds.

Sewing repairs

"Spring" cleaning

If you see any repairs that are necessary, but you don't have the tools or skills on hand, let the Lodge Captain, Lodge Manager or Booking Officer know and they will arrange repairs.

YOUR ROOM

Is provided with single beds, each with mattress, and a doona. There are drawers and hanging space for clothes. A collapsible cot and a high chair are available, and located in the loft storage area. If needed, a clean mattress protector can be provided. These are stored in the cupboard next to room 4. Ask the Lodge Captain for assistance.

PILLOWS AND BLANKETS ARE PROVIDED.

SLEEPING BAGS ARE NOT PERMITTED

THE LODGE

Mulubinba is a Club Lodge built to accommodate 24 people, constructed on three levels in concrete block, timber and natural stone. On the ground floor level there are four bedrooms, the men's bathroom, laundry, pantry, drying room, workroom and wood room. Up the stairs on the first floor there are three more bedrooms, and the ladies' bathroom, the kitchen, the dining room and two large living rooms with a central slow combustion stove. On the top floor are two bedrooms and a loft area for storage and which has a unisex toilet.

THE FIRE

Make sure that the fire is safe before retiring at night. Please do not dispose of excess paper in the wood slow combustion stove.

LAUNDRY

Laundry facilities including a washing machine and dryer are available on the ground floor. The washing machine only uses *COLD* water. The machine's dial has to be set to COLD WASH for it to run correctly through a cycle. Please use the drying room in preference to the tumble dryer because of the high cost of electricity.

The laundry hours are between 8am and 9pm - do not use the laundry outside these hours. Please be careful with hot water usage in the laundry by not making excessive use of the bath until other guests have showered.

STORAGE

The Club does not accept responsibility for personal items left in the Lodge between visits. Please request permission from the Board in writing **before** storing ANY items at the Lodge. **Ensure equipment is stored in a clearly labelled bag.** Unauthorised items will be removed.

WASTE WATER

Although we are connected to the sewerage system we would like you to still take care of the drainage system. Plumbers are hard to find, and expensive in the Snowfields. Use one of the large strainers for emptying the teapot over the sink and deposit the tea leaves in the slops bin. Plug-hole strainers are provided for the sinks and should be used when peeling vegies, rinsing plates, etc., or when emptying the washing up water. Do not pour oil down the sink.

FIREWOOD

The firewood, axes, etc., are located in the wood room, access being adjacent to the Drying Room. Do not use axes if you are not experienced.

ASHES

DO NOT DUMP ASHES IN OR ON THE SNOW. The National Parks and Wildlife Service has chastised us about this practice. Please place the excess ash when cold in the metal garbage bins in the wood-room. Leave a bed of ashes in the firebox as this produces a better fire. It is not required to remove all ash before setting a fire.

The fine for dumping ashes outside the lodge is \$500.00 (NPWS)

HOT WATER

Care should be taken to ensure that you leave enough hot water for your fellow guests. The washing up sink is one area where hot water can be conserved if people group together and share in the washing up.

DRYING ROOM

Only boots, socks and gloves are allowed to be left in the drying room. These are only to be placed on the Wall Pegs in the appropriate room allocated areas.

The light switch is on a timer and will turn off automatically.

PANTRY

A limited variety of cans, cartons and bottled food and drink is on sale from the pantry, which is meant to supplement your own food supplies.

Certain items are available free for general use. Other items are listed on a pantry sheet which each family or guest fills in as items are taken from the pantry. This works on an honour system. At the end of your stay the Lodge Captain will ask you to settle this account.

Notify the Lodge Captain if any of these items are running low and he/she will arrange to supplement these items if available.

The supermarket located in the Perisher Ski Tube Station has a very good selection of all food items that you may require at reasonable prices.

LINEN

Linen is provided during the Summer and Winter Seasons.

Each occupant is supplied with 2 sheets,(1 fitted, 1 flat), 1 pillow slip, 1 doona cover and 1 bath towel for the week. These can be collected at the beginning of the week from the cupboard outside Room 4. At the end of the week, the dirty linen is to be placed inside a garbage bag in your room and then transferred to the large green bags in the entry foyer area to be collected by the laundry service. If you think you will need more linen than this for the week, you will need to bring it with you.

FOOD STORAGE

Each bedroom has been allocated drawer space in the kitchen and shelf space in the refrigerator. Please do not store food on the benches or on the floor in the kitchen.

HEATING

Heating in the Lodge is by numerous electrical oil filled convection heaters. All bedrooms have one, and all general areas have a number scattered around. They are thermostatically controlled and do NOT need to be turned to the maximum setting to warm up quickly. We would appreciate your turning the heaters off during the day or night when not needed, as our electricity costs are enormous. Again, do not dry any clothes or towels on heaters.

The living areas and bedrooms are also controlled by time switches. In cases of extreme weather, the lodge captain may be requested to override these controls.

BOOTS

Ski boots or wet shoes should not be worn past the ski-wet rooms. Leave your boots in the drying room or the wet room but have over snow boots or shoes in bedroom in case the Lodge has to be evacuated following a fire alarm.

VACATING THE LODGE

On Saturday evening or Sunday morning you are asked to do a thorough clean-up of your room and assist with the weekly cleaning roster. Please have this completed before 10.00 a.m. on Sunday. You are requested to be out of your room by **10.00 am Sunday**. Packed luggage may be left in the Lodge and collected later in the day but do not obstruct the fire exits with it. Under the stairs is an ideal place for short-term storage of suitcases etc.

Please do not leave any food in the drawers allocated to you, or in the refrigerator or deep freezer. If you cannot sell it or give it away, the *non-perishables* can be donated to the free store in the kitchen, and perishables should be discarded.

REMEMBER

Remember that the Lodge Captain is duty bound to report any misdemeanours or breaches of rules and regulations to the Board. Such a report would definitely be prejudicial to any future bookings. Members are responsible for any damage or misbehaviour in the Lodge caused by themselves or their guests.

TELEPHONE

The Lodge has a telephone which is provided free for local calls. A phone away card is required for STD calls.

The Lodge number is **(02) 6457 5292**

MEDICINE CHEST

Two fully stocked medicine chests are provided for emergencies in the Lodge. One is located on the wall in the kitchen and the other is on the wall in the wet room (between the drying room and the room 4 entrance). If you need to use any item, please mention it to the Lodge Captain to include in the report and, if possible, replace it before departure. A defibrillator is kept in the lounge-room area.

PETS

Pets are not allowed at the Lodge or in the National Park!

FISHING

In the immediate area of the lodge are some of Australia's best trout fishing spots. Contact Fisheries Department to check if license is required. (02) 6456 2115. Good fishing!

FIREARMS

Firearms are forbidden in the Park and therefore at the Lodge.

Violation of this rule could lead to a member being expelled from the Club.

HOUSE RULES:

1. Upon arrival at the Lodge you should check with the Lodge Captain or the list on the noticeboard to verify your room allocation and check the time for the initial meeting of all guests.

NOTE: Weekly booking commences **12 noon on Sundays**.

2. A Lodge Captain will be appointed for each week of occupancy and shall have powers and duties given by the rules listed below. **His or her ruling is final.**
3. Occupants are responsible for their rooms, which must be cleaned to the satisfaction of the Lodge Captain before departure, (room vacuumed, curtains drawn, windows closed, blankets folded and left on bed, heaters turned off and a clean liner placed in the rubbish basket).
4. Please do not wear ski boots on any carpeted area.
5. **DO NOT SMOKE IN THE LODGE. THE LODGE IS A SMOKE FREE ZONE**
6. Member's friends and guests of members staying at the Lodge will be the responsibility of the recommending member, and he/she will be liable for any damage that may occur as a result of the other's actions. This is a family lodge and all behaviour should reflect this.
7. Approval for parties must be given by the Lodge Captain and a majority of occupants in the Lodge must agree.
8. After parties all common areas must be cleaned and all glasses etc. to be washed before retiring.
9. Possession & use of illegal substances in the Lodge is prohibited and can lead to expulsion.
10. The Lodge is not open to the public, but at the discretion of the Lodge Captain, members may invite friends for coffee or a meal. Members of other clubs belonging to the Perisher Ski Association are welcome to visit.
NOTE: for as long as the COVID-19 issue remains, these options are not available. Apart from Lodge occupants, only staff from NPWS, government or Health officials may enter the Lodge.
11. The Club will not be responsible for any private property left at the Lodge.
12. **DOORSTOP BOOKINGS.** Where accommodation is available at the Lodge, **the Lodge Captain and the booking officer must be consulted before the person is permitted to stay.** A special charge of \$40.00 in winter and \$20.00 in summer may be levied in addition to the normal rate. Accommodation provided under these circumstances is **NOT** encouraged by the Board and will only be permitted in exceptional circumstances.
NOTE: Doorstop bookings are not available whilst the COVID-19 issue remains.

HYPOTHERMIA

Hypothermia, or exposure, is commonly thought of as a winter problem for the over-snow hiker or skier, but be warned - in the Kosciusko National Park the weather conditions are completely unpredictable. A fine sunny day may easily end in a blizzard. *SNOW CAN FALL IN ANY MONTH OF THE YEAR.* Several people die each year in Australia due to exposure. The victim becomes exhausted, lags behind, stumbles, is reluctant to keep on walking and is difficult to reason with. Excessive external heat, such as fire, may kill the victim. Shelter from the wind immediately. Prevent further cooling. Give food and warm drinks until fully recovered or until help arrives.

NATIONAL PARK

Please remember that Mulubinba is situated in a National Park and this imposes certain obligations on all members and guests. It is not difficult to leave the Park just as you found it so that our children and their children will see it as it is.

During Winter, it is very tempting to throw rubbish onto the snow, and have it buried, and in Summer to pick those wildflowers. Please don't be tempted. Be aware!!

Pets and firearms are not allowed in the National Park, and they are not allowed in the Lodge or on the Lodge site. Disregard of this rule will jeopardise future bookings at the Lodge.

Please try to conserve water.

WHAT YOU'LL NEED

Skis	Mittens and Gloves
Boots	Head Band, Beanie, Balaclava
Stocks	Lip salve, Sunburn Cream
Helmet	General Clothing
Parka	Washers
Ski Pants	Soap
Warm Socks	Toothbrush & toothpaste
Skivvies	Torch (in case of blackouts)
Long Underwear	
Pullover	
Goggles, Sunglasses	

CLUB ADDRESS

The Club may be contacted by writing to:

The Secretary
Shortland Alpine Club Co-operative Ltd
P.O. Box 5040
KAHIBAH NSW 2290

Web Site: www.mulubinba.com.au (has link to directors' Email as well as Perisher website)

WINTER ACCESS ARRANGEMENTS FOR KOSCIUSKO NATIONAL PARK

1. **Road and Weather Conditions:**

Details on road conditions are broadcast on local radio.

Information regarding weather and road conditions is posted in the Jindabyne Shopping Centre. The same information is available from the Cooma Visitors' Centre.

2. **Wheel Chains:**

From June to October long weekends, the Kosciusko Road beyond Sawpit Creek is classed as a "Snow Ice Risk Section:" It is an OFFENCE not to carry properly fitting wheel chains in this section, and not to show, fit, or remove chains as directed. At the time of printing this booklet it was not necessary for **four wheel drive vehicles** to carry chains, but this is determined by the RMS and could change, so check with RMS.

A chain fitting bay is located at Wilson Valley Prussian Creek and Dainers Gap. Vehicles without properly fitting chains will not be allowed to proceed beyond this point.

3. **ANTI-FREEZE** - Remember to add anti-freeze to your radiator if necessary.

4. **DIESEL FUEL** - Alpine grade diesel fuel is usually available from outlets south of Goulburn. Standard diesel fuel, if cold enough, will solidify in the fuel system and can render the engine unable to start. Bullocks Flat car park also gets cold enough for this to happen.

5. **Access & Parking - Winter**

No overnight or extended parking is available at Perisher Valley or Smiggins Holes during the winter season. Free overnight and extended parking is available at the Bullocks Flat Ski Tube Terminal. The parking area at Bullocks Flat is patrolled at night.

NOTE: There is a **Park Entry Fee** charged for each day a car is within the Kosciusko National Park. This fee will apply to vehicles parked at Perisher for the day but NOT to vehicles parked at Bullocks Flat.

Check www.environment.nsw.gov for current charges.

Annual passes and free pension concession passes are also available.

The majority of visitors now park at Bullocks Flat and use the Ski Tube.

The Ski Tube (operating 24 hours but on demand at certain times) takes passengers from Bullocks Flat to Perisher and Blue Cow Terminals.

Unrestricted free parking is available at Bullocks Flat. Luggage is conveniently carried on wheel-on trolleys from car to the destination terminal. Restrictions on transporting luggage during peak hours apply and also heed the train announcement indicating on which side of the train to alight as a luggage lift is available on only one platform at Perisher. Cost of tickets varies from season to season. Discounted tickets are for pensioners and people who have already purchased lift tickets.

Ring Ski Tube for further details (02 6456 2010) or go to their website (below)

Sawpit Creek car park is within the park so a valid Park Entry ticket is required to park your car here (see website above). Snowy Mountains Park and Ride Jindabyne Taxi Service operates a service to Perisher Valley. Ring 02 6457 2700 for details.

The Kosciusko Road is closed just beyond the entrance to the Perisher Valley car park. No overnight car parking is available in Perisher Valley. Lodge users may prefer to drive their car to the Perisher Valley car park, unload their vehicle and passengers, return their car to either Sawpit Creek or Bullocks Flat car park, and then use public transport to the Centre Valley Terminal. However, note that the National Park Entrance Fee will need to be paid in order to drive to the Perisher Car Park

6. **Oversnow Transport Arrangements:**

It is a walk of approximately 700 metres (uphill) to the Lodge. Not advisable with luggage! "Hans Oversnow" service maintains an office at the eastern end of the Perisher Ski Tube Terminal. Lodge users with luggage will find this service invaluable. One bag, and skis are included in each passenger's fare, but excess baggage is charged. The Oversnow rates increase markedly after midnight.

7. **Some Useful Telephone Numbers and Web sites:**

Hans Oversnow	(02) 6457 5334
Kosciusko National Park Headquarters–Jindabyne	(02) 6450 5555
Police – Perisher	(02) 6457 5477
Perisher Fire Brigade	(02) 6457 5037
Ski School - Perisher Blue	(02) 6459 4462
Perisher Information Centre	(02) 6459 4421
Ski Tube - Bullocks Flat	(02) 6456 2010

Web sites

www.perisher.com.au

www.perisherblue.com.au/winter/transport/skitube

SOME POINTS TO NOTE WHEN VISITING THE LODGE IN SUMMER

1. In summer, lodge users may park their cars overnight on the ROAD adjacent to Mulubinba. Cars should display a **valid Park Entry permit** for each day the vehicle is within the National Park (a season pass or a "short break" pass can also be purchased. Do not obstruct the turn-around and make sure you do not park on the grass.

2. Vehicles may be driven to the eastern side of the lodge for loading and unloading, but parking is restricted to the roadway and to the road up the side of the Lodge. NPWS is responsible for parking regulations on all side roads and policies are sometimes changed, so check with NPWS each year if in doubt.
3. It can snow during the summer and the road to the lodge may become impassable. If snow is threatening, it may be advisable to move cars to the Perisher car park.
4. Garbage collections are not made during summer. Lodge users should take garbage to the Waste Transfer Station in Perisher Village (behind the Ambulance Station).
5. The Lodge can remain unoccupied for lengthy periods in summer. It is imperative that all heaters in the lodge are turned off when guests depart. Please check all unoccupied rooms to see that the heaters are not left on.
6. The super-market in the ski-tube centre **may** operate in peak holiday periods over summer.

SKIING SAFETY

Safety is the premier word in skiing

Accidents will and do happen but with due care you do not have to have the last ride of the day in an ambulance.

1. Always make sure that your equipment is in top condition and that your bindings are adjusted to the right tension should you take a tumble. Staff at the Perisher and Smiggins Ski Hire will help at all times.
2. Take lessons - for the small outlay involved, ski lessons will assure you of pleasant days on the snow, will help you to understand the problems of handling areas you may stray into whilst learning and the instructors will advise you on your capabilities from day to day - take their words of advice and until proficient, follow their wisdom to the letter - you will still have a good time.
3. Clothing is important. Come prepared for both good and bad weather. Weather patterns in the area can change at a minute's notice and it is advisable to have warm clothing handy in case of a sudden freeze. There is nothing more miserable than being iced up - frost bite can be painful and damaging.
4. Your eyes are your most precious gifts - look after them on the snow. Glare and ultra violet rays can do irreparable damage so always wear goggles or sun glasses. Buy the best. The outlay is small but the savings great.
5. Sun burn can cause pain. Be sure to have a cream or lotion in your travelling bag and use it. A lip salve or zinc cream will protect your lips from snow burn and wind burn.
6. At all times take notice of the lift and T-bar operators. They are expertly trained in their jobs and their advice on how to use the lifts may save you a twisted ankle or a sore backside.
7. If you hear the call "ski, ski" it means that someone has fallen and a loose ski is travelling down the mountain. If you see it coming your way DO NOT try to stop it. Quite possibly it could be travelling at some 60 kph and could cause you an injury. Far better that you let it pass but repeat the call "ski, ski" at the top of your voice so that others below you know that a loose ski is coming their way.
8. Don't ski by yourself in remote areas. Ski patrols are constantly skiing the slopes looking for victims who have tried to out-ski their capabilities or have had an accident. They ski the regular runs and are recognisable by their navy jackets with the red cross back and front. However they do not go regularly into remote areas so always have a companion who can go for help should you have a bad fall.
9. Don't eat the snow. While the first mouthful may be refreshing, remember that snow contains a great deal of ammonia and can cause you stomach troubles.

TOBOGGANING

Tobogganing can be very dangerous and the Club therefore does not provide toboggans. Because of liability issues, all toboggans brought to the Lodge must be labelled with the owner's name & should be secured so they are not available for general use. Please closely supervise children if you decide to allow this activity.

SUMMING UP

- **Ski within your limits**
- **Care for your eyes and skin**
- **Ski the regular trails**
- **Follow instructions from all personnel**
- **The downhill skier has right of way.**

**Most of all have a great day at Perisher
and make that last run on skis
*not by ambulance.***

