

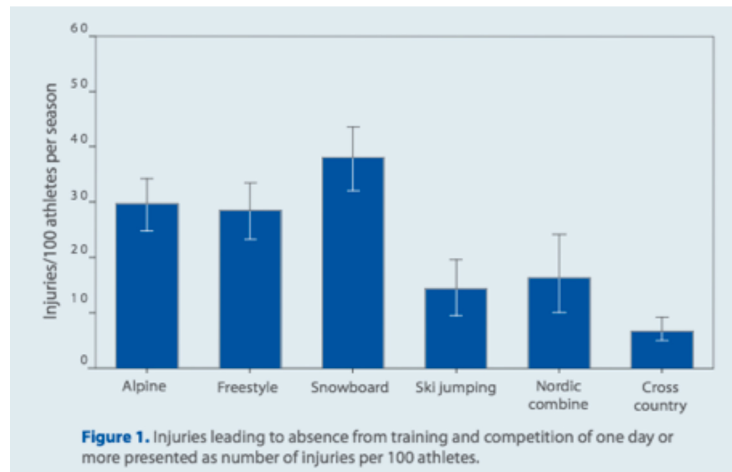


SKI JUMPING SAFETY

IS SKI JUMPING A SAFE SPORT?

Ski jumping is a safe, non-contact sport. Ski jumpers develop jumping skills at their own pace. Each jumper starts out on the smallest hill with alpine skis, and progresses to the next larger hill when ready. Each skier progresses at a pace that is right for them with safety as the primary objective and with the input of experienced coaches who understand the importance of foundational skills necessary to keep jumping safe.

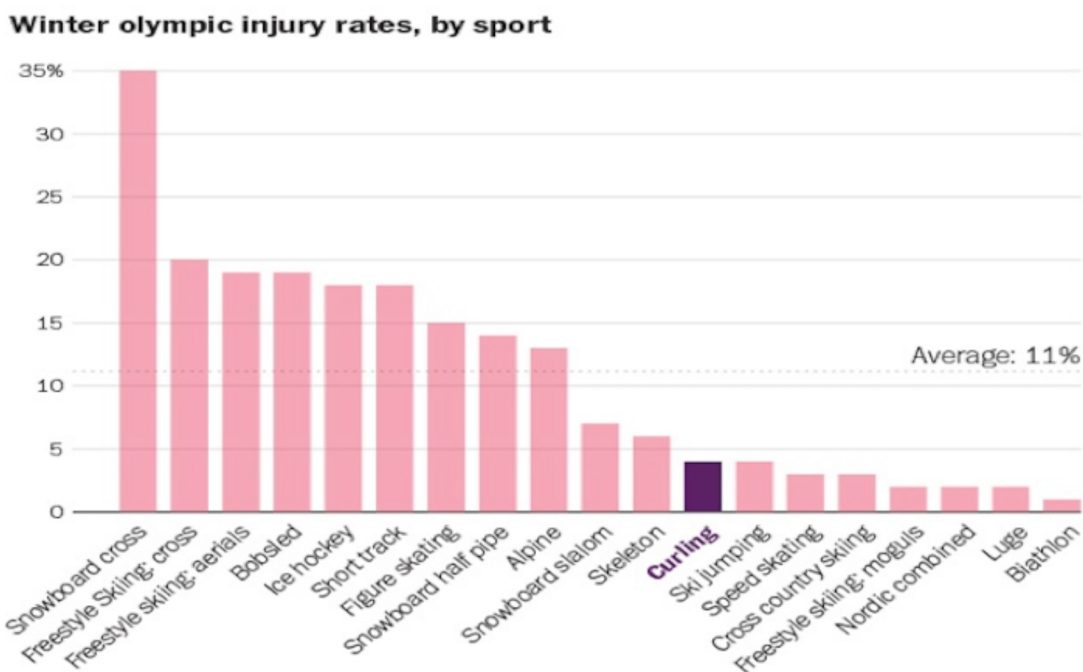
- Injury statistics from a 2006-2008 International Ski Federation (FIS) study of elite athletes show that the percentage of elite ski jumpers injured is between 15 and 35% less than that of alpine skiers and snowboarders, as shown below:



- While injuries are possible in any activity, studies have shown that ski jumping is a very safe sport especially relative to other commonly played sports. Available data for 2012 show that the number of injuries sustained by children ages 5 to 14 years (per Consumer Product Safety Commission) in the U.S. were as follows.

Sport	Est. No. Injuries	Rate per 100,000 Population
Baseball	112,577	273.6
Basketball	189,562	460.7
Football	240,509	584.5
Hockey	21,145	51.4
Playground	175,589	426.8
Soccer	99,068	240.8
Skiing	720	1.7

- At Olympic Competition the same trend is present with ski jumping having far fewer injuries than many other sports. As can be seen below, ski jumping has approximately the same number of injuries as Curling.



SOURCE: British Journal of Sports Medicine. GRAPHIC: The Washington Post. Published Feb. 18, 2014

Proper Hill Progression

- Each jumper starts out on the smallest hill with alpine skis, and progresses to the next larger when ready.
- Each skier progresses at a pace that is right for them with safety as the primary objective and with the input of experienced coaches who understand the importance of foundational skills.

