



in conjunction with



Asks: What's your Wrist Guard IQ?



Questions

- 1) What injury is the most common amongst Snowboarders?
- 2) What is the best way to avoid this injury?
- 3) How many Snowboarders, wearing wrist guards, have fractured their wrists in the past three years at Camelback?
- 4) How difficult is it to obtain Wrist guards at Camelback?
- 5) How comfortable are Wrist guards?
- 6) How COOL are Wrist guards?
- 7) Will Wrist guards PREVENT wrist injuries?
- 8) How expensive are Wrist guards?
- 9) Will sharing one with a friend help?
- 10) Who built the first snowboard and when?

Answers

- 1) *Wrist Fractures/breaks*
- 2) *Wearing Wrist guards can significantly reduce the possibility of a wrist injury.*
- 3) *0, Zero, None, notta!*
- 4) *Wrist guards are FREE when renting a snowboard at Camelback.*
- 5) *How comfortable is a cast?*
- 6) *How COOL is a cast?*
- 7) *Nothing PREVENTS injuries, however, see question 3.....*
- 8) *Did you see answer 4?*
- 9) *Yes and No. Yes for the wrist with a guard on and No for the other wrist.*
- 10) *M.J. "Jack" Burchett in 1929*

A sampling of 250 snowboarders not wearing wrist guards. The answers given (people could answer yes to more than one) are given below

Reason for not wearing Wrist guards	(%)
No need	32.8
Can't get hold of	16.2
Too expensive	10.8
Don't like the look	2.5
Uncomfortable to wear	27.0
Won't protect against injury	8.3
Not aware of their existence	22.1