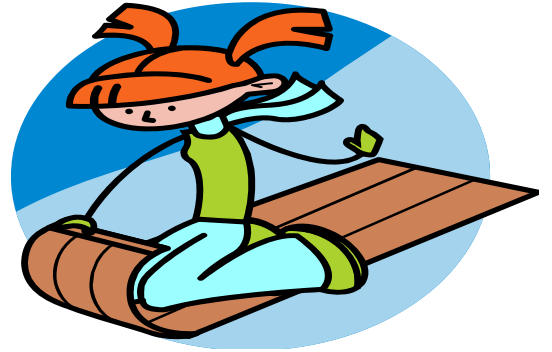


# 10 Winter Sports Safety Tips for Kids

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## 1. Insist on Helmet Use

Wearing a helmet is the most important -- and easiest -- way to boost safety in winter sports. Skiers and snowboarders should wear helmets designed for these sports. While helmets do not prevent accidents, they can reduce the chance of a head injury.



## 2. Winter Clothing and Gear

Start with a snug-fitting bottom layer made of synthetic material that will wick away moisture. Do not use cotton. It will trap moisture and make your kids colder. Next, put on a thin fleece jacket as the insulation layer. This makes air pockets that trap body heat and hold it there. Then use a brightly colored waterproof jacket or snowsuit as the outer layer. Check for hanging drawstrings that can catch on sleds, ski lifts, and other equipment.

Remember to get the proper gear for the activity. Do not buy equipment that is too old, too big, broken, or damaged.

## 3. Fun in the Sun

Do not forget to put on sunscreen when your kids are playing outside. Sunlight reflects off the bright white snow and ice back onto their faces. Use a sunscreen with a minimum SPF of 15. Also, use a lip balm that has sunscreen. This is important even when it is cloudy outside.

Sunglasses or goggles will help prevent glare, help kids see the terrain better, and protect their eyes from debris.

## 4. Safe Surroundings

Parents are encouraged to walk a sled route to check for any dangerous areas. Do not sled on slopes that end in a street, drop-off, parking lot, river, or pond.

When skating, check the ice on any lakes, ponds, or rivers. The ice should be smooth and at least 10 cm thick. Never skate near open water.

## 5. Fuel Your Body

Make sure your kids have a healthy snack before going out to play in the cold. The calories will give their bodies energy in the cold weather.

Dehydration can sneak up in the wintertime. Keep your kids hydrated by having them take breaks from play. Give them water, juices high in vitamin C, hot chocolate or tea.



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## 6. Supervision

Though accidents can still happen, adults are more likely to notice and avoid dangerous situations. Adults can help in getting medical attention quickly should an accident occur. Parents should consider taking a first-aid course.

## 7. Take a Lesson

It is a good idea to take at least one skiing or snowboarding lesson before taking off. This can keep your kids from getting frustrated or hurt before they have a chance to enjoy a new sport.

## 8. Follow the Rules

Follow instructions from the people who run the outdoor facility, and obey all signs. Stay in designated areas and on marked trails. Remind your kids that manners are still important when participating in winter sports. Children should treat others as they want to be treated.



## 9. Buddy System

The more the merrier. If a problem should arise, such as injury or hypothermia, someone can stay with the injured person while others go for help.

## 10. Have Fun!

Do not let the cold be the end to outdoor fun. There are plenty of activities to keep kids busy when the snow falls.

- ❖ Sledding
- ❖ Building a Snowman or Snow Fort
- ❖ Skiing
- ❖ Taking a Walk
- ❖ Ice Skating
- ❖ Snowshoeing
- ❖ Playing Tag
- ❖ Walking the Dog

It is important to know when to stay inside as well. If it is too cold or windy, skip the outdoors, stay inside, and do something active instead.

- ❖ Dance to Music
- ❖ Play With Pets
- ❖ Play Games Like:
  - Follow the Leader
  - Duck-Duck-Goose
  - Ring Around the Rosie
  - Simon Says
- ❖ Have a Treasure Hunt
- ❖ Make an Obstacle Course
- ❖ Use an Exercise Video

**Stay active and safe during the winter season!**

