

ICE SKATING, SKIING AND SLEDDING SAFETY

Winter is a special time that offers fun ways to keep your children active outdoors. Here are a few tips to keep kids healthy and safe during the winter months.



PROTECTIVE GEAR MATTERS

Know your sport and always wear the needed protective gear. Make sure a correctly fitted helmet is worn every time!

CHECK THE FIT

Make sure all sports equipment and clothing is the right fit for your child. The right equipment for your child's skill level will make learning easier and safer. Loose clothing can catch on equipment and cause injury.

QUALITY CHECK

Inspect equipment before each use. If there are cracked, loose or broken parts, do not use until repaired.



LEARN THE FUNDAMENTALS

Teach your child how to stay in control, fall safely, and come to a stop. To make your child's learning experience safer, check to see if lessons for the sport are offered.

PROTECTION FROM THE COLD

- Have kids take breaks to come indoors and warm up to prevent hypothermia or frostbite.
- Kids can work up a sweat while playing outside, even in the cold. Have extra clothing to change into.
- Dress your child in several layers of clothing. The outer layer should be waterproof or water-resistant. The inner layers should be moisture wicking or breathable material to help keep your child dry.

DID YOU KNOW?

- Snow reflects the sun's rays, so sunburn is possible even if you're cold. Wear sunscreen to protect your skin.
- Compared to adults children are at increased risk of dehydration-even in cold temperatures. Kids should drink plenty of water before, during and after play.



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ICE SKATING

- Teach your child to skate in the direction of the crowd allowing plenty of space for others.
- Skate in designated areas as identified by your community. Look for signs about the condition of the ice.
- Avoid skating during or after warm weather. The ice may seem strong, but can break under the weight of a child.
- Avoid skating on rivers as currents create unsafe ice conditions.



SLEDDING

- Choose a sledding hill that is free of trees, bumps and rocks and has a good base of snow with no ice. Avoid hills that end near traffic, rivers and ponds.
- Sit on the sled facing forward with feet first. One rider per sled.
- Wait your turn and make sure the hill is clear of sledders before you go.



SKIING & SNOWBOARDING

- Use the buddy system and have your child ski or board with a friend.
- Take lessons and avoid slopes your child may not be ready for.
- Know the rules of the slopes:
 1. Those ahead of you on the trail have the right of way.
 2. Avoid stopping in the middle of the trail where you can't be seen.
 3. Stay alert for others around you and give yourself plenty of space when passing others.

