



Winter Safety

Winter Sports Safety Tips:

Including skiing, snowboarding, sledding, snowmobiling, & ice skating

- Always wear a certified helmet appropriate for the sport
- Play with a buddy; always tell someone where you are going
- Be sure the terrain does not have obstacles such as rocks, trees, poles, fences, or ends on a road way
- Be sure equipment is in good condition
- Be cautious and courteous of others
- Be in control at all times and be able to stop or avoid people and objects
- Remember the people in front of you have the right of way
- Do not stop where you block the trail or if you cannot be seen from above
- Yield to others when you are starting down hill or merging onto a trail
- Obey all posted signs and warnings
- Keep out of closed areas and off closed trails
- Only ice skate in areas approved for ice skating
- Discourage children from playing unsafe games
- If ice breaks while ice skating, teach children to stretch their arms over the ice and kick as if swimming in an attempt to crawl back onto solid ice; have someone call 911

Driving Safety Tips:

- Be alert and exercise extra caution; there may be heavy traffic, poor weather, and the possibility of alcohol use by other drivers
- Be sure to use appropriate car seats and seat belts for you and your children, whenever you do any driving

General Safety Tips:

- Dress in layers; wear a hat, coat, gloves, boots; don't forget sunscreen
- Set time limits on outdoor play
- Insist children play in areas away from the street, fences, water, and ice
- If child has complaints of numbness or pain in fingers, toes, cheeks, ears, or nose when playing in the snow
 - Take child indoors
 - Remove all wet clothing
 - Immerse affected body part(s) in warm, not hot, water
 - Call a doctor if concerned