

# Winter Sports- SAFETY



- ✓ Wear warm clothing and have kids go indoor periodically to prevent hypothermia or frostbite.
- ✓ Encourage kids to drink plenty of water before, during and after play.
- ✓ Use sunscreen
- ✓ Have an adult supervise, or even join in.

## Sledding

- ✓ Find a good hill with a clear path and a safe finish area.
- ✓ Stay out of the way of other people sledding on the hill
- ✓ Use proper sleds or tubes.

## Ice Skating

- ✓ Wear properly fitted and sharpened skates.
- ✓ Skate on a rink rather than a pond or lake.



## Skiing

- ✓ Beginners should enroll in lessons.
- ✓ Use proper fitting equipment.
- ✓ Stay on the designated trails.

## Snowmobiling

- ✓ It's recommended children be at least 6 years old to even go on a snowmobile.
- ✓ Children younger than 16 should not operate the snowmobile.
- ✓ Wear a helmet designed for high speed motor sports.



# Winter SAFETY Facts and Tips

200,000 people were treated at hospitals, doctors' offices, and emergency rooms for injuries related to winter sports in 2018, according to the U.S. Consumer Product Safety Commission. This figure includes:

- 76,000 injuries from snow skiing
- 53,000 injuries from snowboarding
- 48,000 injuries from ice skating
- 22,000 injuries from sledding and tobogganing



Snowmobile accidents result in nearly 200 deaths and 14,000 injuries each year.

Snowmobile accidents can lead to serious injuries, including:

- Broken bones
- Back and knee injuries
- Spinal cord injuries and trauma
- Soft tissue injuries
- Amputation
- Traumatic brain injuries



Let family members know where you're going and when you're expected to return. Drive only during daylight hours and avoid driving alone if you can. Keep a full tank of gas. Check weather and road conditions before traveling.

To avoid asphyxiation from carbon monoxide poisoning, don't run your car for long periods of time with the windows up or in an enclosed space. If you must run your vehicle, clear the exhaust pipe of any snow and run it only sporadically — just long enough to stay warm.

If you are stopped or stalled in wintry weather, follow these safety rules: Stay with your car and don't overexert yourself. Make your vehicle visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood (if it is not snowing), and turn on the inside overhead lights (when your engine is running).

Carry items in your vehicle to handle common winter driving-related tasks, and supplies you might need in an emergency, including:

- Snow shovel, broom, and ice scraper;
- Abrasive material such as sand or kitty litter, in case your vehicle gets stuck in the snow;
- Jumper cables, flashlight, and warning devices such as flares and emergency markers;
- Blankets for protection from the cold;
- A cell phone with charger,
- Food and any necessary medicine (for longer trips or when driving in lightly populated areas).
- Bring water to avoid becoming dehydrated.
- Plastic bags (for sanitation).

