

Practice Winter Sports Safety:

**To help prevent injury during your favorite winter sports

- Never participate alone in a winter sport.
- Keep in shape and condition muscles before participating in winter activities.
- Warm up thoroughly before playing or participating. Cold muscles, tendons, and ligaments are vulnerable to injury.
- Wear appropriate protective gear, including goggles, helmets, gloves and padding.
- Check that equipment is working properly prior to use.
- Wear several layers of light, loose and water- and wind-resistant clothing for warmth and protection. Layering allows you to accommodate your body's constantly changing temperature. Wear proper footwear that provides warmth and dryness, as well as ample ankle support.
- Know and abide by all rules of the sport in which you are participating.
- Pay attention to warnings about upcoming storms and severe drops in temperature.
- Seek shelter and medical attention immediately if you, or anyone with you, is experiencing hypothermia or frostbite.
- Drink plenty of water before, during, and after activities.
- Avoid participating in sports when you are in pain or exhausted.



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Winter Sports- SAFETY

❖ 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.



How to prevent winter sports injuries

- Warm up
- Shape up
- Protection is a must
- Test your equipment
- Know and follow safety rules
- Know your limits
- Stop when you are tired
- Stay hydrated
- Learn how to fall (Take a lesson or two from a trained instructor, who will provide direction on how to fall correctly.)

Helpful Tips!

*If an injury does occur, it is recommended being evaluated by a medical professional as soon as possible to ensure proper treatment and healing.

*For head injuries, make sure your child is evaluated for a possible concussion.

*And don't jump back in too fast! "After the bones have been fixed, and any sprains and strains have been addressed, children and teens need to be fully rehabilitated. **Undergo balance training before returning to sports.**



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).

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).