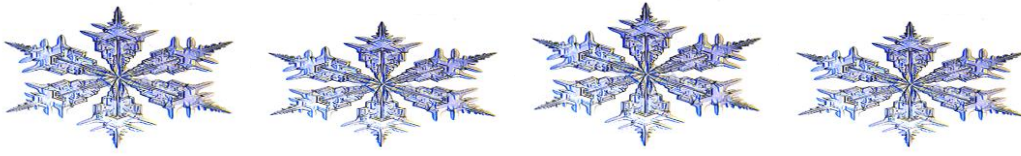


# Health Hints



Adult supervision is important. Keep kids safe when participating in winter sports with these tips.

## **Wear a Helmet**

- Helmets reduce the risk of traumatic brain injury by as much as 60%.
- Check the helmet for a CSA approved sticker, and replace helmets over 5 years old.
- Helmets are not just for kids, parents can model safety by wearing one too!

## **Outdoor Clothing**

- Dress in warm layers.
- Use a neck warmer instead of a scarf to avoid strangulation when playing on outside equipment.

## **Tobogganing**

- Teach Kids to slide down the middle and walk up on the outside of hills.
- Chooses hills away from roads and parking lots. The hill should be free from rocks, trees, bare spots and other obstacles.
- The safest position to be in while tobogganing is kneeling.

## **Skiing/Snowboarding**

- Skiing/snowboarding have the highest hospitalization rates of all winter sports injuries (15-19 years of age is peak).
- Teach kids to stay in control and to stay in bounds .

## **Skating**

- Frozen ponds should be at least 15-20 cm thick .

**For more information about injury prevention:**

<http://www.parachutecanada.org/injury-topics/item/winter-safety>



**Interior Health**  
*Every person matters*

<http://www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx>

# Health Hints

<http://www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx>



**Interior Health**  
*Every person matters*

<http://www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx>