



WINTER SPORTS SAFETY

Winter sports are a great way to adults and children to exercise, relieve stress and have some fun with family and friends. While enjoying the winter season, make sure you play safe and be aware of potential hazards. In general, make sure you protect yourself from the sun year-round. Be sure to wear a minimum SPF 15 sunscreen to avoid winter sunburn. Also, wearing sunglasses will help protect your eyes from the sun's harmful rays and glare from the bright snow. Here are more great reminders:

- **Keep warm:** dress in layers and make sure heads, necks, and hands are covered and feet stay dry. Watch for signs of cold and potential frostbite
- **Check equipment:** make sure it is in good condition, fits, and appropriate for the sport
- **Think about head protection:** make sure children are wearing an appropriate helmet whenever playing a sport with the risk of a head injury
- **Look for sledding precautions:** choose hills that are away from any obstructions, roads, and parking lots. Look for a clear path with no rocks, trees, fences, or other dangers. Teach children to slide down the middle of a hill, walk up the sides, and move out of the way quickly when they get to the bottom
- **Look for skating precautions:** only skate on lakes and rivers when the ice is smooth and at least 4" thick. Never skate near soft ice or open water. Skate in one direction and the same speed as the crowd. Skaters that cannot keep up to the crowd, should move to the sides.
