



# Stan & Fran's Health Hints



## Winter Sports Safety

**W**inter sports are often enjoyed throughout the Interior and many new sports are introduced at a young age. These sports are not without their risk of serious or even fatal injuries, and injuries are preventable.

A **helmet** should be worn for any skating, skiing, snowboarding or tobogganing activities and replaced if over 5 years old. Check the helmet for the CSA approved sticker, that the helmet is designed for the activity and for the overall condition of the helmet.

### Outdoor Clothing

- ◆ Dress in warm layers. Especially ensure the child's head and neck are covered.
- ◆ Use a neck warmer instead of scarf and remove loose cords to avoid strangulation when playing on outside equipment.

### Tobogganing

- ◆ Teach kids to slide down the middle and walk up on the outside
- ◆ Choose hills away from roads and parking lots. The hill should be free from rocks, trees and other obstacles.

### Skiing/ Snowboarding

- ◆ Skiing/snowboarding have the highest hospitalization rates of all winter sports injuries (15-19 years is peak)
- ◆ Helmets reduce the risk of traumatic brain injury by as much as 60%.

### Skating

- ◆ Full face shields were better at reducing the severity of concussions than half face shields.
- ◆ Frozen ponds should be at least 10 cm. thick and never skate near open water.

**FOR MORE INFORMATION VISIT  
about injuries in BC visit:**

<http://www.injuryresearch.bc.ca/index.aspx>