



Ice skating, skiing, snowboarding and sledding safety

Start with the right gear, and check the fit.

Make sure all sports equipment and clothing is the right fit for your child. The right equipment for your child's skill level will make learning easier and safer. Loose clothing can catch on equipment and cause injury.

Insist on a protective winter helmet.

Always make sure gear includes a protective winter helmet. Winter helmets are designed for winter sports and help keep heads safe and warm.

Do a quality check.

Inspect equipment before each use. If there are cracked, loose or broken parts, do not use until repaired.

Learn the basics.

Teach your child how to stay in control and come to a stop. To make your child's learning experience safer, check to see if lessons for the sport are offered.

Stay safe in the cold.

- Have kids take breaks to come indoors and warm up often to prevent hypothermia or frostbite.
- Kids can work up a sweat while playing outside — even in the cold. Have extra clothing to change into.
- Dress your child in several layers of clothing. The outer layer should be waterproof or water-resistant. The inner layers should be moisture wicking or breathable material to help keep your child dry.

Ice skating:

- Teach your child to skate in the direction of the crowd allowing plenty of space for others.
- Skate in designated areas as identified by your community. Look for signs about the condition of the ice.
- Avoid skating during or after warm weather. The ice may seem strong, but can break under the weight of a child.
- Avoid skating on rivers. Currents can create unsafe ice conditions.

Skiing and snowboarding:

- Use the buddy system and have your child ski or snowboard with a friend.
- Avoid slopes your child may not be ready for.
- Know the rules of the slopes:
 - Those ahead of you on the trail have the right of way.
 - Avoid stopping in the middle of the trail where you can't be seen.
 - Stay alert for others around you and give yourself plenty of space when passing others.

Sledding:

- Choose a sledding hill that is free of trees, bumps and rocks with plenty of snow, and no ice. Avoid hills that end near traffic, rivers and ponds.
- Sit on the sled facing forward with feet first.
- Wait your turn, and make sure the hill is clear of sledders before you go.

childrenswi.org/safetycenter
safetycenter@childrenswi.org

SAFE
KIDS
WISCONSIN

Led by
 **Children's**
Wisconsin