Winter Sports and Recreation

Winter sports are very popular and are a great during family vacations. Generally all sports have risks involved, but winter sports tend to generate more concern for accidents are prone due to the weather conditions and environment. Many mishaps are caused by lack of experience and complacency.

Tips to for every winter sport

- *Clothing:* Dress warm and avoid outer cotton clothing for it absorbs moisture.
- *Sunburn:* Sun will reflect off the snow and hit the face.
- *Frostbite: See page 11*
- *Fatigue:* Get a good night's sleep and eat regularly.

Skiing and Cross Country skiing

Skiing is a popular, physically challenging sport that requires extreme physical endurance. Many skiers can sustain sprains and muscle injuries due to fatigue so preparing yourself for the high physical endurance can decrease the chances of injury.

- *Protective gear:* Helmets, gloves, goggles, sunscreen, and protective clothing.
- *Fatigue:* high-energy snacks, take breaks when needed, and get at least 7 hours of sleep the night before.
- *Preseason exercise:* keep in shape throughout the year to avoid overexertion and stretch.
- *Beginners:* Take lessons and stay on the beginner's slopes.
- *Falling:* keep arms forward, skis together and hands over skis. Don't use hands to break your fall and wait until you stop sliding to get up. If you feel you are getting out of control fall to your rear or side.

Snowboarding

Snowboarding has become increasingly popular over a couple of decades. Most of the injuries result from lack of experience and jumping.

- *Beginners:* Take a lesson
- *Protective gear:* wrist guards and kneepads
- *Helmets:* Highly recommended
- *Trails:* Stay on groomed trails
- *Jumping:* Avoid jumping until you are more experienced

Ice Skating

It may seem customary to skate on frozen ponds; however, skating rinks are more ideal because of the risks of falling through thin ice.

- When falling try to relax and move with the fall, lean forward and bend elbows.
- Quickly get up after falling to avoid the risk of other skaters tripping on you.
- Keep hands close and fingers tucked inward when getting up
- Skate on the outer edge of the rink. Save the inner rink for experienced skaters
- Wear gloves, pants, and long sleeve jacket.

Sledding

- Use sleds that you can steer
- Children should not be unsupervised while sledding.
- Inspect hills for steepness
- Wear helmets and protective clothing