



BE ACTIVE AND SAFE THIS WINTER

Playing an organized or leisure sport is a great way to keep our bodies physically active and improve our overall well-being. However, many Canadians injure themselves and require medical attention for sports-related injuries each year. This is a bit of a problem as we want our children, youth and adults to be active but don't want them injured in the process. As parents, guardians, and coaches we need to look at the known risks for a given activity and ensure the necessary precautions are in place to help prevent them. Here are some common winter activities and some ways we can reduce the risks of injuries.

TOBOGGANING:

- Only toboggan in areas where it is permitted and make sure you are familiar with the terrain.
- Make sure you wear a ski/snowboard or hockey helmet when tobogganing.
- Do not slide near roads, parking lots, rocks, trees, or fences.
- Dress for the weather.
- Put sunscreen on exposed skin.

SKIING / SNOWBOARDING:

If you are a beginner, you should take lessons to learn how to move and stay in control while on the slopes. You want to be able to stop, avoid people or objects, and you need to learn the etiquette or "codes" of using the slopes. You also need to learn how to get on and off of the lifts safely. This is for your safety and the safety of others.

- Always use the proper equipment for your height, weight, foot size, and abilities. Consult an expert if you are unsure of what you need before purchasing your equipment. Ski bindings should be adjusted regularly by a professional. It is important to maintain your equipment so it works properly. Bindings are built to prevent injuries by releasing the ski from the boot during a fall.
- Always wear a helmet designed for skiing or snowboarding.
- Be aware of others and keep a safe distance.
- Always ski with someone else.
- Consider taking a break or calling it a day when you are tired.
- Choose trails according to your skill level.
- Stay away from boundaries and trails that are closed.

HOCKEY:

Before playing hockey, it is important to ensure a proper fit with all hockey equipment. You can research how to properly fit equipment online, or review the product packaging so you understand how each piece of equipment should fit.

- Face protectors and hockey helmets sold in Canada must meet safety standards set by the Canadian Standards Association (CSA) and have a CSA logo on them.



- Helmets must be in good condition, fit properly, and have a chinstrap.
- Hockey helmets must show the date the helmet was made. If it is more than five years old, you should replace it.
- Make sure there are no cracks, missing or deformed padding, bent wires, or missing parts on your hockey helmet.
- Do not buy a helmet, facemask, or visor that has had major impact.
- Never modify your helmet, visor, or face protector Do not drill holes, paste stickers, or repaint them.

ICE SKATING:

If you are a beginner, consider using a skating aid, or taking lessons to get started.

- Make sure you always wear a hockey helmet.
- If you are skating on a frozen lake, river, or pond:
- Inspect the ice for thickness and surface smoothness before you start skating. If you are unsure of the thickness of the ice, don't skate on it. Never skate near pockets of open water on a frozen lake.
- Always skate with someone else.

Overall, the key to staying injury free while enjoying winter activities is to:

- Know the risks of injury and take the necessary steps to prevent them.
- Follow the rules at the facility and for the activity.
- Make sure you are using the right gear, the right way, for the activity you're playing.
- Don't buy equipment "to grow into", ensure a proper fit.

FOLLOW THESE SIMPLE TIPS TO ENJOY WINTER ACTIVITIES AND REDUCE THE RISK OF GETTING INJURED THIS WINTER.

References

[Click here to view the Hockey Canada website](#)