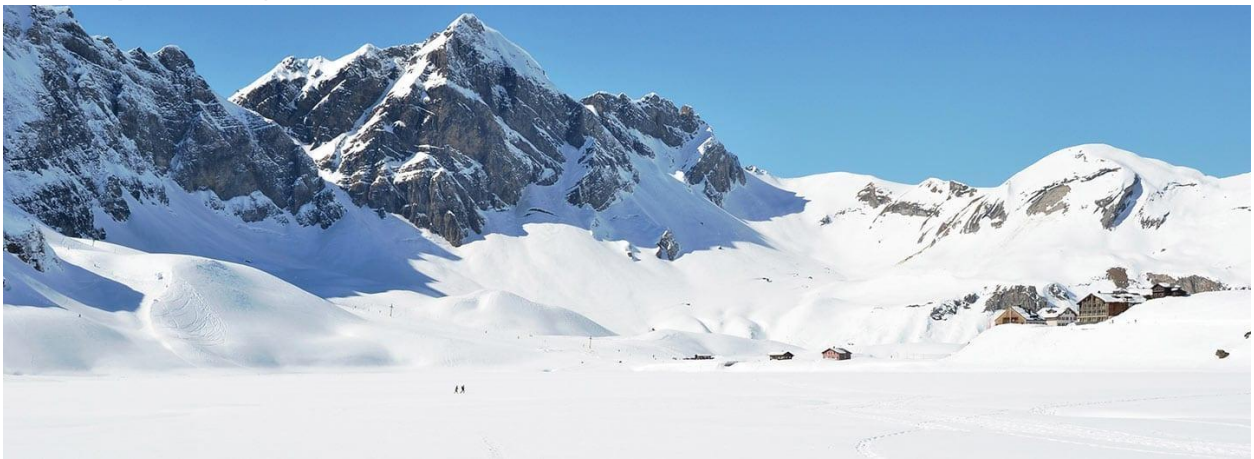
Winter Sports Safety



SUMMARY

Beyond camping, a number of cold-weather activities present challenges to Scouts and leaders, such as alpine or cross-country skiing, ice skating, sledding, ice fishing, and snowshoeing. Essential ingredients for fun include skill training and an awareness of the hazards unique to these activities.

GENERAL INFORMATION

Here are a few key points that can help you safely have fun during your winter activities outdoors.

1. Activities should be supervised by mature and conscientious adults.
2. Participants should be aware of the potential dangers of any winter sport, and leaders should stress incident prevention by emphasizing proper technique.
3. Help participants understand the need for using appropriate personal protective equipment such as helmets for sledding, snowboarding, and skiing.
4. Winter sports are more physically demanding. Leaders and youth should be physically fit and capable to participate.
5. Be sure equipment fits each person properly.
6. During sledding, make sure the hill is safe and free of obstacles. Keep sledding paths and participant return paths separate from each other.
7. Talk about and gain support for the basic rules for the activity … before it begins.

RESOURCES

- *Guide to Safe Scouting*