

Here's a list of safety tips you should be aware of when you're playing outside in the cold winter months!

1. Remember to dress yourself with appropriate cold weather attire. Some acceptable items are waterproof clothing, a heavy coat, snow pants, hat, gloves, scarf, and waterproof boots.
2. Make sure you remember to factor in the wind with the cold weather. Sometimes this leads to wind burn and the weather can feel twice as cold outside.
3. Keep your lips moisturized by putting Chap Stick on. This also helps you avoid wind burn lips.
4. Do not play, skate or sled on any roads, railroad tracks, rivers or parking lots.
5. Do not skate outside on a frozen lake, many people fall into the frozen water each year due to weak ice.
6. When you go sledding, choose a thick snowy hill with no ice, gently slopes and long run-off areas.
7. When you go sledding, keep your legs in front of your body or sit Indian style and keep arms and legs inside the sled the entire ride.
8. Never go down a hill head first or stand on a moving sled.
9. Be aware of the people around you on a crowded hill to avoid collisions.
10. Children under the age of 5 should ride a sled with an adult, to help gear, guide and stop the sled.
11. Children under 12 should be supervised by a responsible adult to monitor children for wet clothes, frostbite, wind burn and protection.
12. Make sure you or an adult checks your equipment to be sure there are secure handles, no protruding sharp edges, or loose runners.

Stick with these safety tips to make this a fun and safe winter!

