



# Winter sports safety

Make sure your children are safe when they toboggan and skate.

Children can strangle on a cord or scarf.

Use a neck warmer instead of a scarf.

**Take the cords and drawstrings off their clothes.**

## Safety Tips

- Keep children warm. Dress your children in layers. Make sure their heads and necks are covered by a hat and a neck warmer. Watch for frostbite!
- On sunny days, put sunscreen on their skin.
- Check your children's equipment to make sure that it fits and is in good condition.



### When tobogganing or sledding:

- Make sure your children wear a helmet.
- Choose a hill that is away from roads and parking lots. There should be no rocks, trees, fences or other dangers in the path.
- Teach your children to slide down the middle of the hill, climb up the side and watch up the hill.
- Teach them to move out of the way quickly when they get to the bottom.

### When skating:

- Children should wear a helmet.
- If you skate on lakes or rivers make sure the ice is smooth and at least 10 centimetres or 4 inches thick. Never skate near open water.
- Children should skate in the same direction and at the same speed as the crowd.
- Skaters who cannot keep up with the crowd should move to the side.
- When playing hockey, only wear a CSA certified helmet. Replace hockey helmets at least every 5 years.

## For more information contact Product Safety, Health Canada, at:

Vancouver, British Columbia (604) 666-5003  
Edmonton, Alberta (780) 495-2626  
Calgary, Alberta (403) 292-4677  
Saskatoon, Saskatchewan (306) 975-4502  
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Hamilton, Ontario (905) 572-2845  
Toronto, Ontario (416) 973-4705  
Ottawa, Ontario (613) 952-1014  
Montreal, Quebec (514) 283-5488  
Longueuil, Quebec (450) 646-1353

Quebec City, Quebec (418) 648-4327  
Moncton, New Brunswick (506) 851-6638  
Halifax, Nova Scotia (902) 426-8300  
St. John's, Newfoundland (709) 772-4050

