

Stay Active and Safe This Winter

Don't let cold weather prevent you from enjoying outdoor activities. Winter in New Brunswick requires proper clothing. Ensure children have a warm jacket and pants. Keep head and ears covered, protect fingers and hands with mitts (warmer than gloves) and wear waterproof footwear with a good tread.

Safety Tips of for Common Winter Activities;

- Wear appropriate gear for the weather including a properly fitted helmet when skiing and skating.
- Wear a neck warmer instead of a scarf. A scarf may get caught in ski lifts or other equipment.
- Consider lessons if your child is new to skiing or skating
- Know the terrain and be aware of obstacles or thin ice, time of darkness onset, etc.
- Choose ski trails that best suit your child's abilities.
- Avoid skiing or skating alone.
- Wear properly fitted skates and ensure blades are sharp and not rusted.
- Ensure proper ice thickness when skating on frozen ponds, rivers and lakes (20 centimeters or 8 inches). Be especially careful on rivers that tend to have strong currents or winter ferry service nearby.

Adapted from;



<http://horizonnb.ca/home/facilities-and-services/provincial-programs/new-brunswick-trauma-program/injury-prevention/teens/winter-activities.aspx>