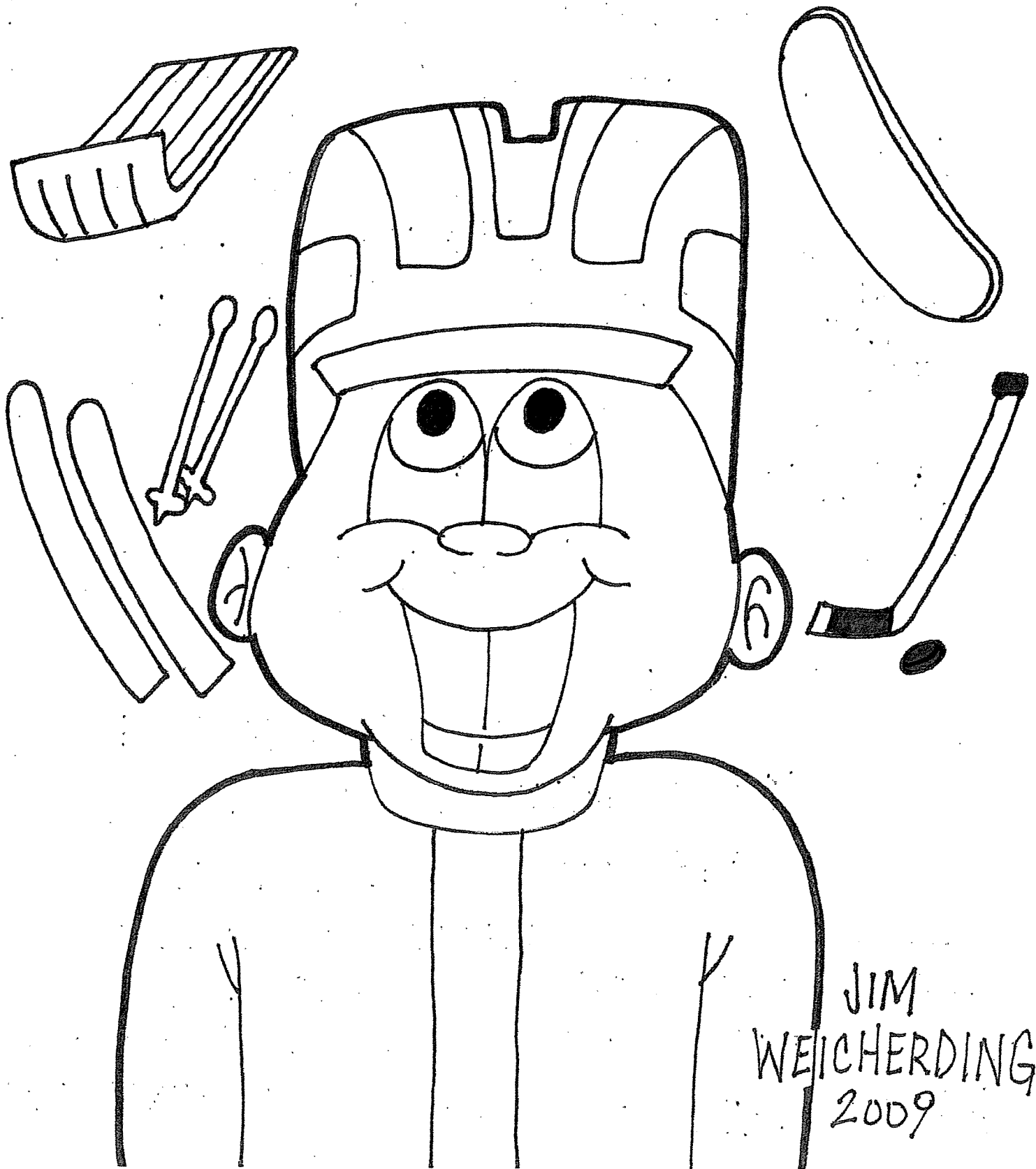


Wear a helmet when you ski, snowboard,
or play ice hockey.



JIM
WEICHERDING
2009

Dress in layers and wear warm clothes
without drawstrings.



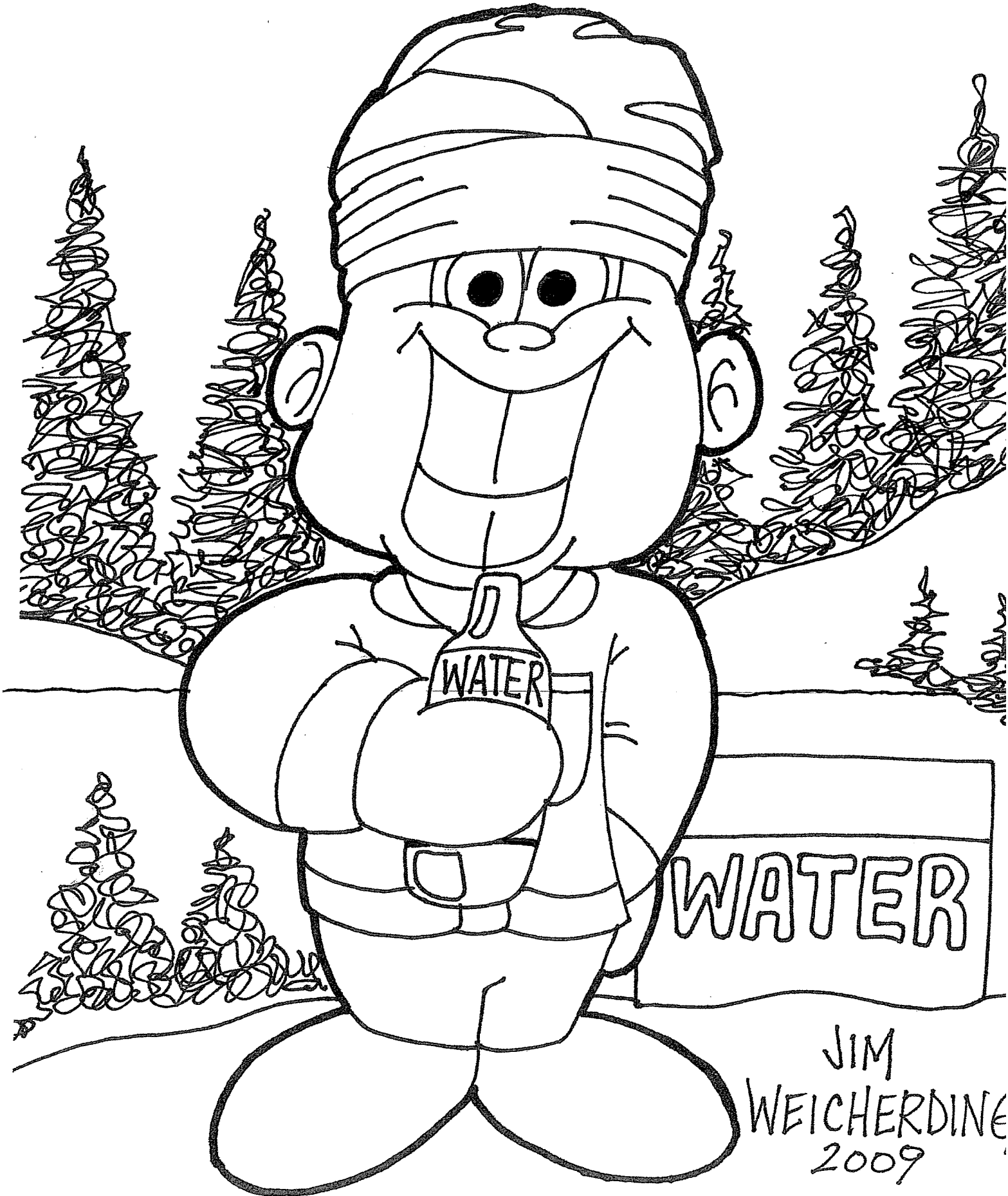
JIM
WEICHERDING
2009

Make sure that scarves are tucked in so they don't get caught in lifts, ski poles, or other equipment.



JIM
WEICHERDING
2009

Drink plenty of water or liquids.



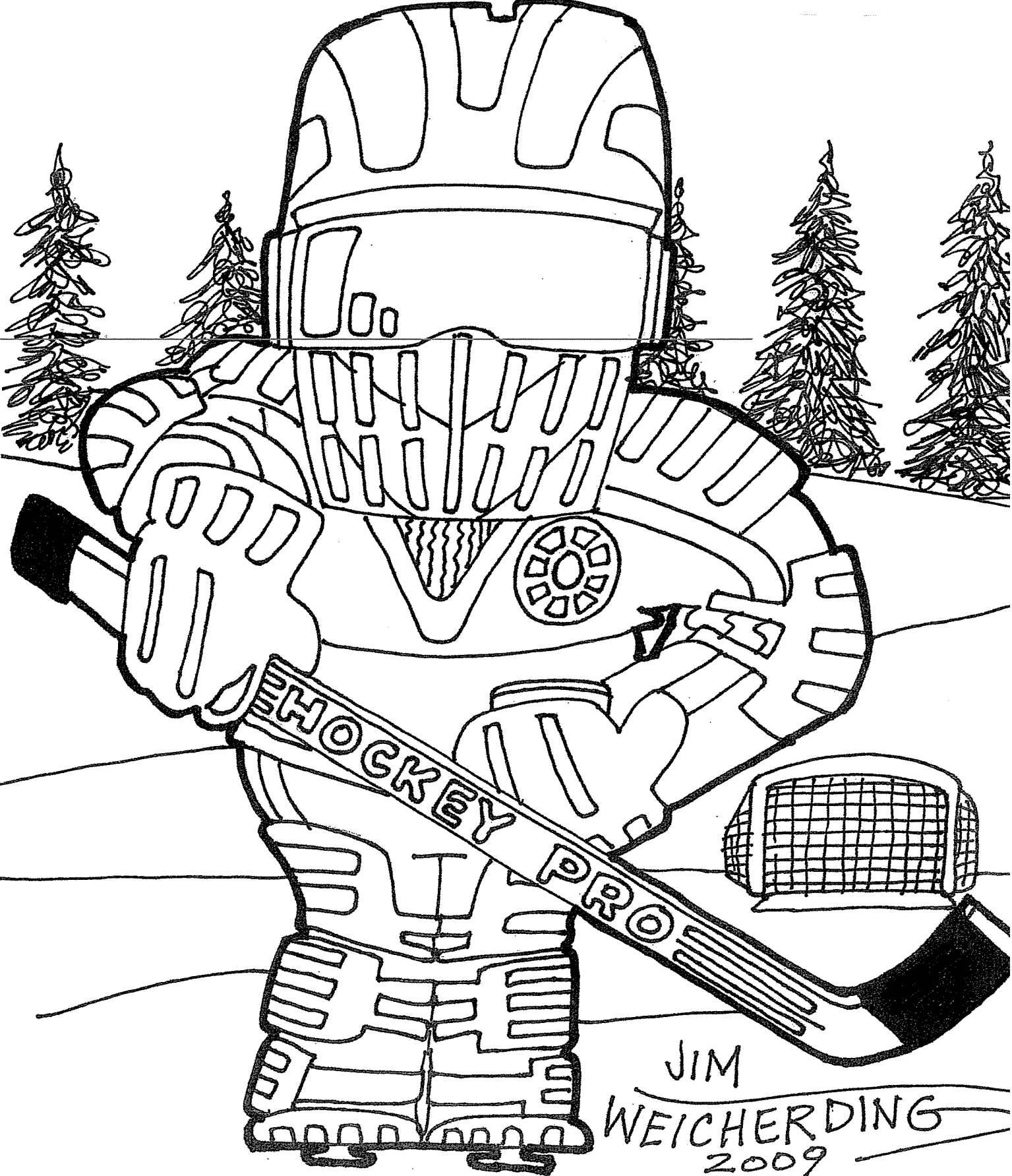
JIM
WEICHERDINE
2009

Wear sunscreen to protect your skin, even on cloudy days.



JIM
WEICHERDING 2009

Wear a helmet, mouth guard, and pads for your knees, elbows, shoulders, and shins when playing ice hockey.



JIM
WEICHERDING
2009

Use a buddy system and never skate alone. Make sure an adult is watching you.



JIM WEICHERDING 2009

Skate in the same direction as the crowd
and avoid darting across the ice.



If you fall through the ice, stretch your arms out wide and kick as if you were swimming. Shout for help and try to crawl backward onto solid ice.





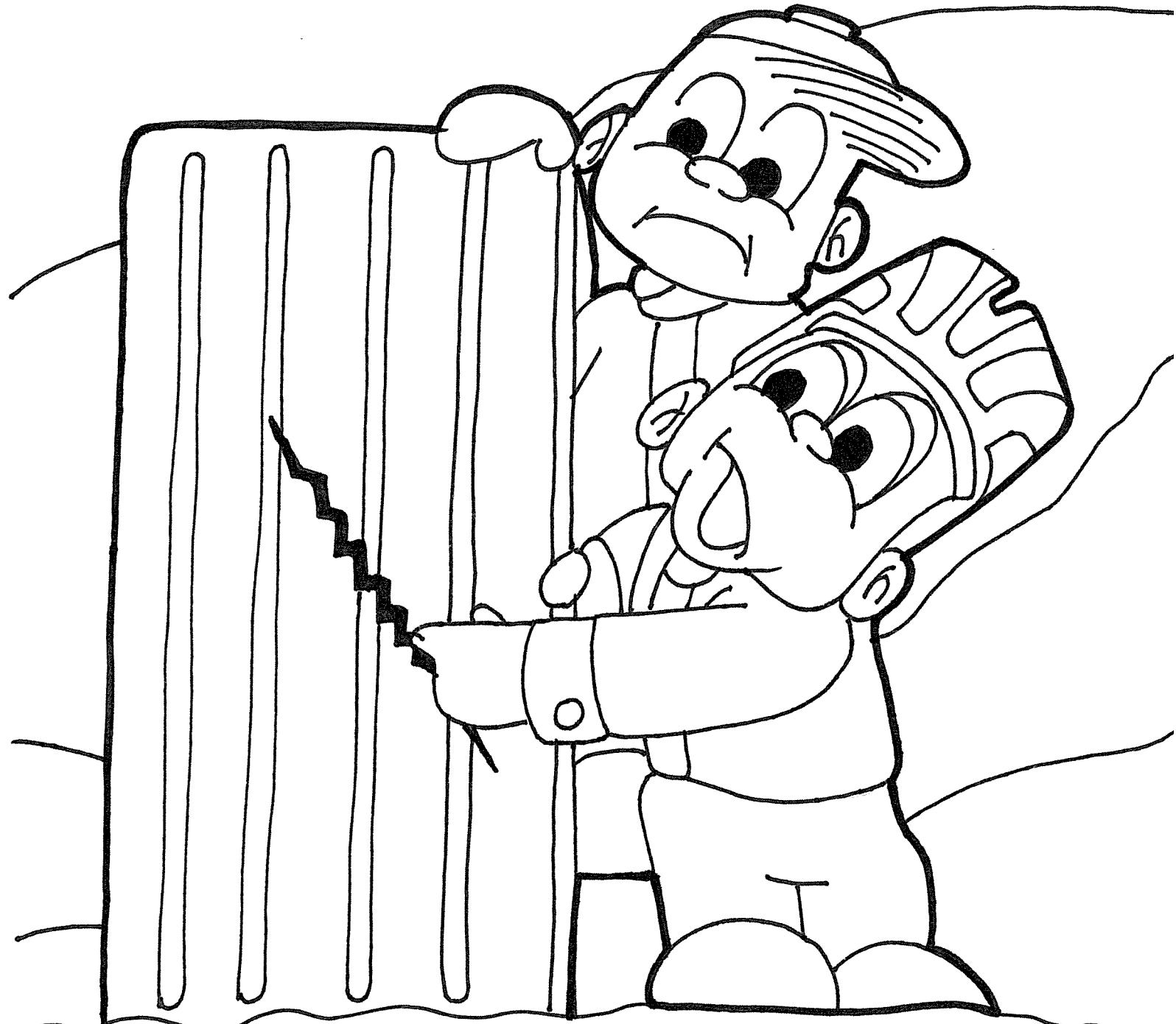
Make sure there is an adult watching you,
when you go sledding.

Make sure the path is clear, safe, and has no ice on it. A good sledding hill doesn't lead to a street, a body of water, or a crowded gathering.



JIM
WEICHERDING
2009

Check your sleds for damaged or loose parts that could break while going down the hill.



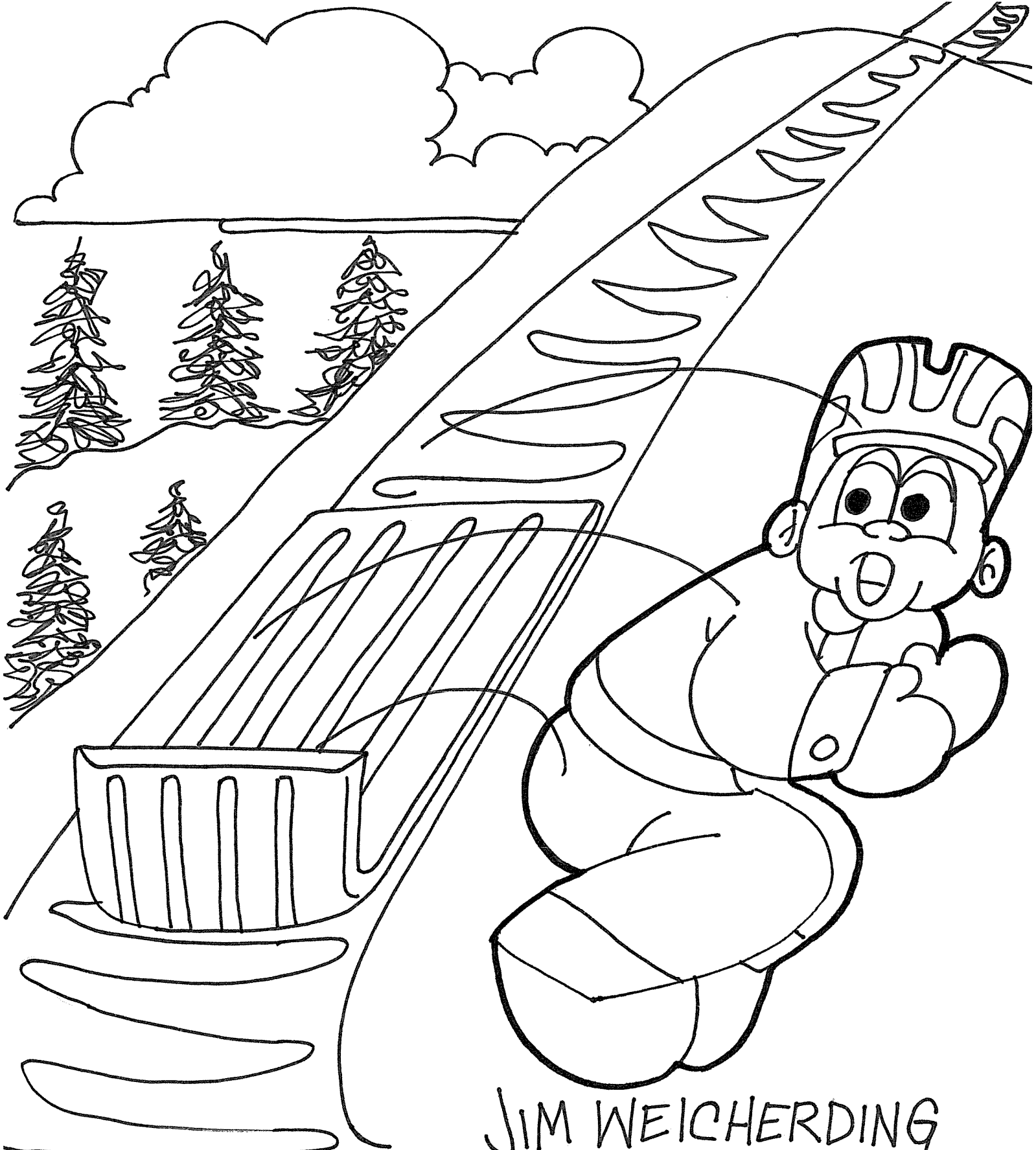
JIM WEICHERDING 2009



Don't go down a hill headfirst. Sit up and face forward.

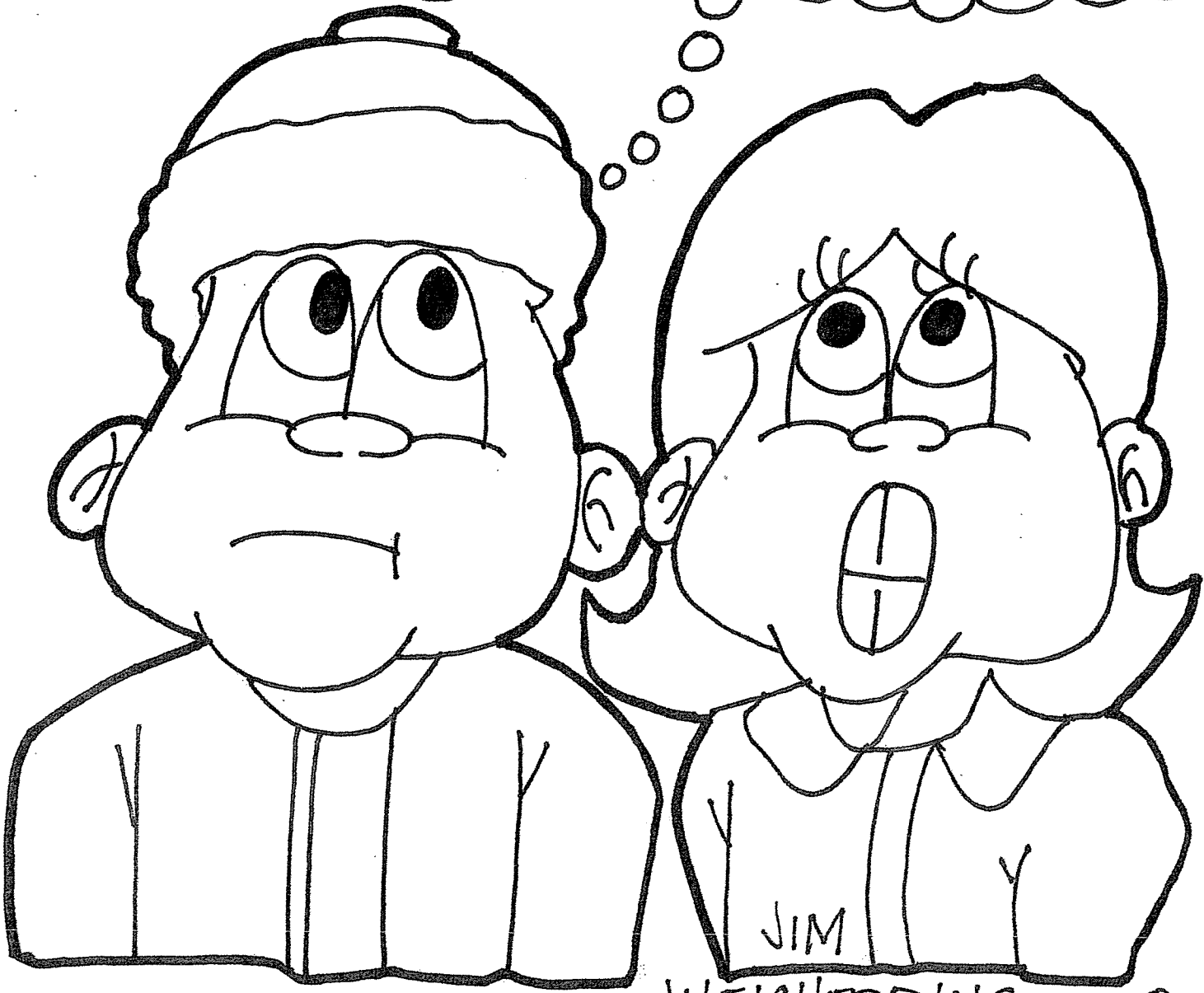
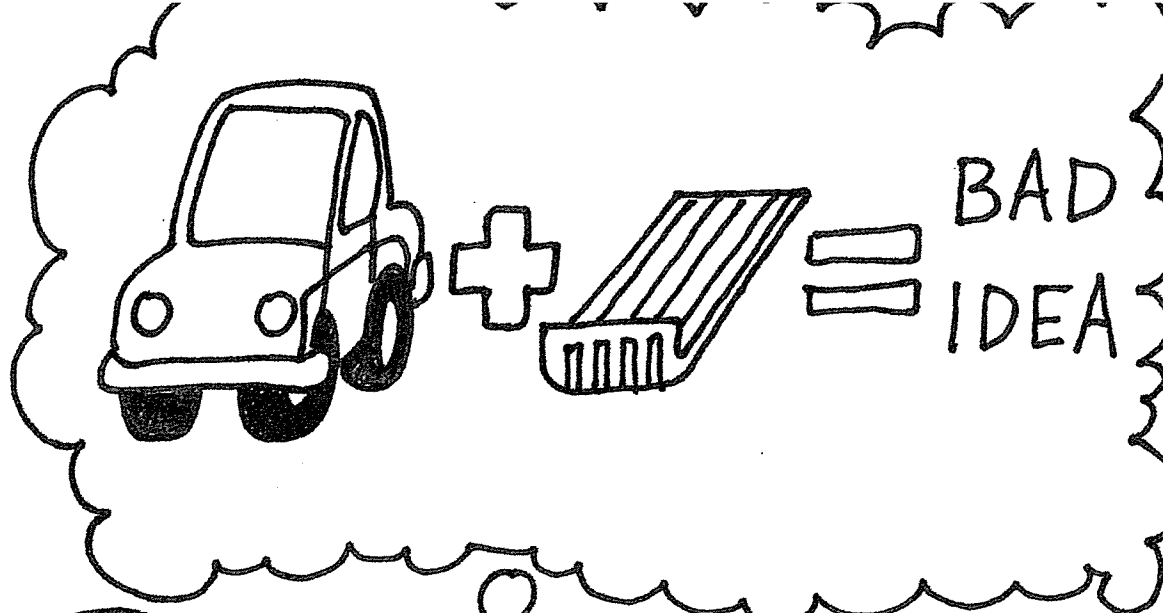


Go down the hill one at a time, one person per sled.



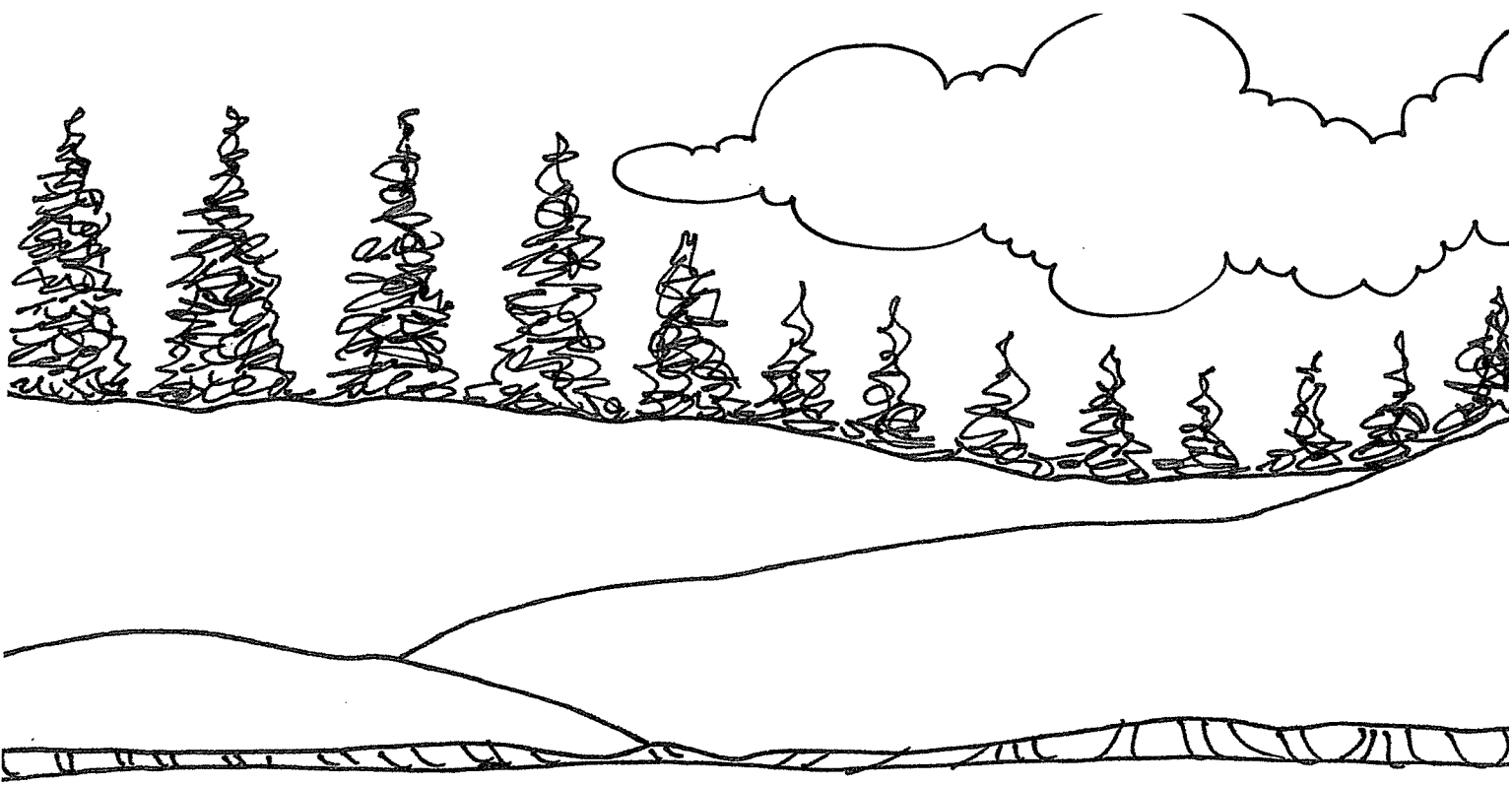
JIM WEICHERDING
2009

Roll off of a sled that won't stop.



JIM
WEICHERDING 2009

Never ride in a sled being pulled by a car.



Never sled on ice.

JIM
WEICHERDING
2009