

# January

## Winter Outdoor Safety



### Traveling:

- Make sure there is an emergency kit in your vehicle.
- Check all of the fluids in your vehicle before traveling.
- Try not to drive during winter storms if you don't have to, especially at night.
- Drive carefully and only at the speed you are comfortable with.
- Slow down for sharp corners, they might have ice on them.

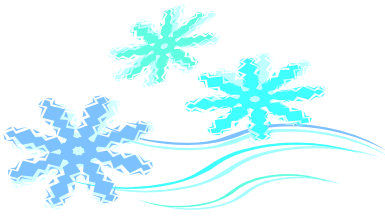


### Ice:

- Black ice forms by ice freezing with very little air bubbles, which makes it very slick and the ice takes on the color of what it is on top of.
  - It is hard to spot on roads and can cause a vehicle to slip and slide, which may end with an accident.
- Before skating or walking on ice, make sure that it is at least 10cm thick.
- Don't skate on ponds that have signs that say "thin ice" or that have cracks forming.

### What to Wear?

- Toque or hat
- Jacket or coat
- Mittens or gloves
- Pants
- Boots
- Scarf
- Earmuffs
- Remember, when your clothes get wet from being outside change into dry ones.
- Hockey helmets should be replaced every 5 years.
- Don't allow children to play in snow piled for clearing.
- When treating someone with frostnip, frostbite, or hyperthermia, never rub or massage the affected area but heat them slowly by body heat or warm water (avoid direct heat).
- Keep areas where animals walk as clear as possible to avoid injury to both you and the animals.
- Keep home and buildings free of ice and snow that may fall from the roof or side of the structure.



# Activities

## Short Activity:

- True or False Winter Safety Quiz:
  1. Almost  $\frac{1}{4}$  of snowboarding injuries occur during a person's 1st experience.
  2. If you get wet from playing in the snow it is fine to continue playing in your wet clothes.
  3. Ice must freeze to a uniform depth of at least 4 cm. before it is firm enough for group skating.
  4. Hockey helmets should be replaced every 5 years.
  5. You never need to wear sunscreen in the winter.
  6. Tobogganing can be done anywhere there is a hill.
  7. The average snowboarder wearing a helmet travels 4.8 km/hr faster than a snowboarder NOT wearing a helmet.
  8. When sledding kneeling provides the most protection.
  9. Eating snow is good for you when you are stranded in a storm.
  10. One should never start a vehicle in a closed building.
  11. Black ice is easy to see on roads.
  12. It takes ten gallons of snow to equal one gallon of water.

Answers: 1) T 2) F 3) F 4) T 5) F 6) F 7) T 8) T 9) F 10) T 11) F 12) T



## Longer Activities or Safety Camp:

- Play a game of Charades with the topics about winter outdoor safety. This way they will act things out and guess situations and be able to remember the information longer.

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