



# Safe Kids

Kalamazoo County



## Have fun and BE SAFE!

Safety tips for skiing,  
snowboarding and sledding:

- Wear a **helmet** designed to prevent or reduce the severity of head injuries. Choose a certified helmet made just for snow sports
- Use **equipment** that fits, is well maintained, and appropriate for the skill level of user.
- **Wear layers** of warm, dry, waterproof clothing and avoid loose scarves, drawstrings and long hats that could become entangled.
- Wear **sun protection**, even on cloudy days.
- Monitor weather and slope **conditions**.

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### Preventing accidental injury.





## On the slopes:

- Take ski/snowboard **lessons**.
- **Use caution** around ski lifts, near intersections and when entering a trail.
- Always stay **in control**.
- Never go at a speed that exceeds your **skill level** or puts you at risk for crashes.
- **Be aware** of other people on the slope.
- When overtaking another, **call out** “On your right” or “On your left.”
- Always stay with a **buddy**.
- Stay on open and **well-maintained** slopes.
- Eat nutritious food and **drink water** to prevent hunger and dehydration.
- Take **breaks** to warm up and rest.
- **Monitor** children and avoid wet clothes, chilling, frostbite and fatigue.

[www.safekidskalamazoo.org](http://www.safekidskalamazoo.org)  
[www.usa.safekids.org](http://www.usa.safekids.org)

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Led by

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**BRONSON**