



Winter Sports Safety: Which Helmet to Use

Activity	Type of Helmet	Applicable Standard(s)
Skiing Snowboarding Snow Tubing	Ski Helmet	ASTM F2040 CSA Z263.1 Snell RS-98 or S-98
Snowmobiling	Snowmobile Helmet	DOT FMVSS 218 Snell M-2005, M-2010 CMS/CMR 2007 ¹
<p>Although a helmet has not been designed for the following two activities, until such a helmet exists, wearing one of the three listed types of helmets may be preferred to wearing no helmet at all.</p>		
Activity	Type of Helmet	Applicable Standard(s)
Ice Skating Sledding	Bicycle Helmet	ASM F1447 Snell B-90/95 ² , N-94 ² CPSC
	Hockey Helmet	ASTM F1045
	Skateboard Helmet	ASTM F1492 ² , Snell N-94 ²
	Ski Helmet	ASTM F2040, Snell RS-98, S-98
<p>¹ A helmet that complies with this standard was designed specifically for use in children's motorsports.</p> <p>² A helmet that complies with this standard is designed to withstand more than one moderate impact, but protection is provided for only a limited number of impacts. Replace if visibly damaged (e.g, cracked shell or crushed liner) and/or when directed by the manufacturer.</p>		

For further information about winter sports safety,
please contact Safe Kids Grand Forks at safekidsgf.com





Winter Sports Safety: Helmets

Protect yourself and children from a serious head injury during the winter! Wear a helmet when you and your family are skiing, sledding, ice skating or snowboarding. There are special helmets made just for these sports. They are made of a harder plastic, contain extra padding for protection and warmth and have a strap to affix ski goggles. The information on the back side of this sheet provides specific helmet standards for a variety of winter sports.

Safe Kids Grand Forks has a limited number winter helmets for adults and children available at a greatly reduced price throughout the winter. The helmets are available in variety of colors and cost \$25.

While protective helmets have not been designed for all winter sports, wearing a bicycle or multi-sport helmet is also an option.

If you are interested in purchasing a helmet, please contact Patty Olsen to determine the colors and sizes currently available.

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