




Winter Sports Safety: Which Helmet to Use

| Activity | Type of Helmet |
|---|--|
| Skiing Snowboarding Snow Tubing | Ski Helmet |
| Snowmobiling | Snowmobile Helmet |
| 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. |  |
| Activity | Type of Helmet |
| Ice Skating Sledding | Hockey Helmet Skateboard Helmet Ski Helmet |



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

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K:IDS**
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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 recommendations for a variety of winter sports.



Safe Kids Grand Forks has a limited number of winter helmets for adults and children available at a greatly reduced price throughout the winter. The helmets are available in a 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 as it provides some protection instead of none.

If you are interested in purchasing a helmet, please contact Safe Kids Grand Forks to determine the colors and sizes currently available.

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Additional winter sports safety tip:

1. Teach children to always sled feet first, not head first down a hill.
2. Enroll children in ski or snowboarding lessons prior to hitting the slopes.