



WINTER WEATHER AND ACTIVITY SAFETY FOR KIDS

IS IT TOO COLD? CONSIDER WIND CHILL.

BELOW 0°F
Kids stay inside.

0° TO 20°F
Use caution in sending your kids outdoors. Take indoor breaks every 30 minutes to warm them up.

20° TO 30°F
Layers, hats and mittens are essential. Take breaks as needed to warm up.

30°F AND HIGHER
Layer 'em up. Include hat and mittens. The day is theirs!

WINDCHILL DECODER

- 30°F**
» Chilly, uncomfortable
- 15 to 30°F**
» Cold
- 0 to 15°F**
» Very cold
- 20 to 0°F**
» Bitter cold, risk of frostbite
- 60 to -20°F**
» Extreme cold, high risk of frostbite
- 60°F**
» Frigid, exposed skin can freeze in one minute



WHICH WINTER SPORTS ARE THEY OLD ENOUGH TO TRY?



2 YEAR OLDS
Skiing between your legs down a gentle slope. Crouch down slightly and support your child with your arms under his armpits.



3 YEAR OLDS
Sledding with you on gradual hills. Position her face forward.



4 TO 6 YEAR OLDS
Skiing solo on the bunny slope. Use a ski harness and teach your child to keep his hands on his knees. This will help him distribute weight.

Ice skating. Find skates a half-size smaller than your child's shoe size. Start by walking on the floor in skates, then hold your child's hand once he's ready for ice.

5 TO 8 YEAR OLDS

Playing ice hockey (when and if she conquers ice skating).

9 YEAR OLDS

Snowboarding. Start with a gradual-incline sledding hill or your backyard.

WHAT SHOULD MY KIDS WEAR?

PLAYING IN THE SNOW

It's important to dress your child in layers, especially older children who may take off their jackets when they sweat.

Use this as a guide for other activities, too:

- Water-repellent pants and jacket (or a snowsuit) with layers like a turtleneck or thermal shirt covered by a sweater
- Water-repellent gloves or mittens
- Cotton socks
- Hat
- Water-repellent boots with rubber soles that have a raised pattern for good gripping



SLEDDING

Add a bike or ski helmet

SKIING

Replace the hat with a ski helmet and add long underwear and goggles or sunglasses with UV protection

ICE SKATING

Add knee pads, elbow pads and wrist guards

SNOWBOARDING

Start with a gradual-slope sledding hill or your backyard

ICE HOCKEY

Replace the hat with a hockey helmet (face mask included) and add elbow pads, shin and knee guards, shoulder and chest pads, padded hockey shorts, mouthpiece and hockey gloves



EXTRA FROLICKING SAFETY TIPS

1. Don't run across fresh patches of snow. There may be ice underneath.
2. Walk like a penguin with your legs slightly wider than usual. On slopes, walk sideways and bend your knees.
3. Protect your dominant arm. Teach them to keep that hand in their pocket or carry snow toys in their dominant hand. This forces them to use their less-used hand to break falls if they do slip.