

Winter Sports Safety

Winter Dressing and Frost Bite

It is important to keep students warm in the winter. Clothing should include multiple thin layers with a water resistant outer layer and winter coat. They should be covered from head to toe, so do not forget hats, gloves, and snow boots. To prevent frost bite, monitor the time they spend playing outside. Send them back inside after a reasonable amount of time for a hot drink and to warm up before going back out. Often times it is hard to get the middle and high school students to wear warm coats, but remind them that while they may be driving or riding in a car or bus, they need to be prepared for the cold weather in the event that they need to exit those vehicles for some unseen reason.

Winter Sports Helmets

If you have youth using a sled, skates, snowboard, or skis this winter season, consider also getting them a winter sports helmet. These are made with a harder plastic and have extra padding for warmth during the cold weather. However, using a multi-sport helmet is always an option when you do not have a winter-specific helmet, to reduce the risk of injuries.

Safe Kids Grand Forks has different types of helmets that are available for both children and adults. If you are interested in purchasing a helmet, please contact us at 701.780.1489.



Winter Pedestrian Safety

During the winter months, walking to and from school often has students encountering low-light conditions. Encourage them to always cross at street corners where there is overhead lighting and have something reflective on their coat, shoes or back pack. We have reflective zipper pulls if you are interested (email safekids@altru.org). Also, make sure that kids stay off of snow banks that are in or near a parking lot or road where they could inadvertently slide into oncoming traffic. If snowbanks on the street corners get piled too high and making kids be less visible, make sure they "peek out" from behind them before just stepping out into traffic.



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.

For more information on this and other childhood injury prevention topics, visit safekidsdgrf.com, call us at 701.780.1489 or email safekids@altru.org.

This information is brought to you by Safe Kids Grand Forks & our partners at ND Vision Zero

