

## Outdoor Activity Safety in Wintertime Weather

Here in the north, winter weather is just part of our lives—but that doesn't mean we need to stay indoors all winter long! Remember, daylight hours can be short, making walks during the evening and early morning dangerous. Snow piles beside the sidewalks can also make it hard for students to walk and be seen during the snow-filled months. Wintery conditions might make activities a bit treacherous.



- Wear bright colored clothes to make yourself more visible. Light colored clothing blends in with the snow and dark colored coats and winter gear are harder to see in low-light conditions.
- Wear reflective gear when the visibility is low to make sure drivers can see you. This might include reflective accents on coats or shoes or a zipper pull that is added to the coat or backpack. We have them for FREE distribution at our Safe Kids Grand Forks office. Simply email us at [safekids@altru.org](mailto:safekids@altru.org) and we will send them to you for use.
- Walk carefully as sidewalks can be slippery, pay extra attention at intersections and around corners and always cross at the street corners where cars will be more likely to be watching for pedestrians. Slippery roads may prevent drivers from stopping in time so remind kids to watch for the wheels of the car to stop, and make eye-contact with the driver before proceeding to cross.
- Remind students that if snow piles are high on the street corner, they may need to stop ahead of the street and poke their head out to check for on-coming traffic.
- Going sledding or skating? Grab your multi-sport helmet or contact us here at Safe Kids Grand Forks for a winter sports helmet! Speeding down a snow hill or gliding across the rink can lead to falls and head injuries, so keep your head safe and protected. Our multisport helmets are \$16, while winter sports helmets are \$30.



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 [safekidsgf.com](http://safekidsgf.com), call us at 701.780.1489 or email [safekids@altru.org](mailto:safekids@altru.org).

