



# Winter Sports Safety

From your friends at Fire PALS



To stay \_\_\_\_\_ wear gloves or mittens, a hat and boots.

Even though it may seem weird in winter, remember to wear \_\_\_\_\_ and \_\_\_\_\_.

When you grab your sled make sure that it is one that you can really \_\_\_\_\_.

Never use homemade \_\_\_\_\_ like garbage can lids, plastic bags or pool floats.

Never use a sled that has any \_\_\_\_\_ edges or broken parts.

Only skate on approved \_\_\_\_\_ and never skate alone.

\_\_\_\_\_ need to fit properly. Skates should be snug but not too tight, laced up to the top.



Wearing a \_\_\_\_\_ is a great way to protect your head while you are sledding.

Have an \_\_\_\_\_ approve the hill you are planning on sledding down.

The \_\_\_\_\_ should not be too steep and it should be covered with packed snow, not ice. The hill should not end anywhere near cars on the road.

Whether you are on a sled by yourself or with pals, always sled \_\_\_\_\_, never lying down. Lying down puts your body at greater risk of for injuries if you lose control and flip out.

If you play \_\_\_\_\_ don't step out onto the ice without the proper gear- an ice hockey helmet and padding.

\_\_\_\_\_ in the same direction as everyone else. Don't dart out in the crowd.

**Fill in the blank**

sleds  
bike helmet  
skate  
sitting up  
ice  
ice hockey  
hill  
warm  
rough  
ice skates  
Chapstick  
adult  
steer  
sunscreen

*Draw a picture of yourself using good safety sense while playing outside this winter.*