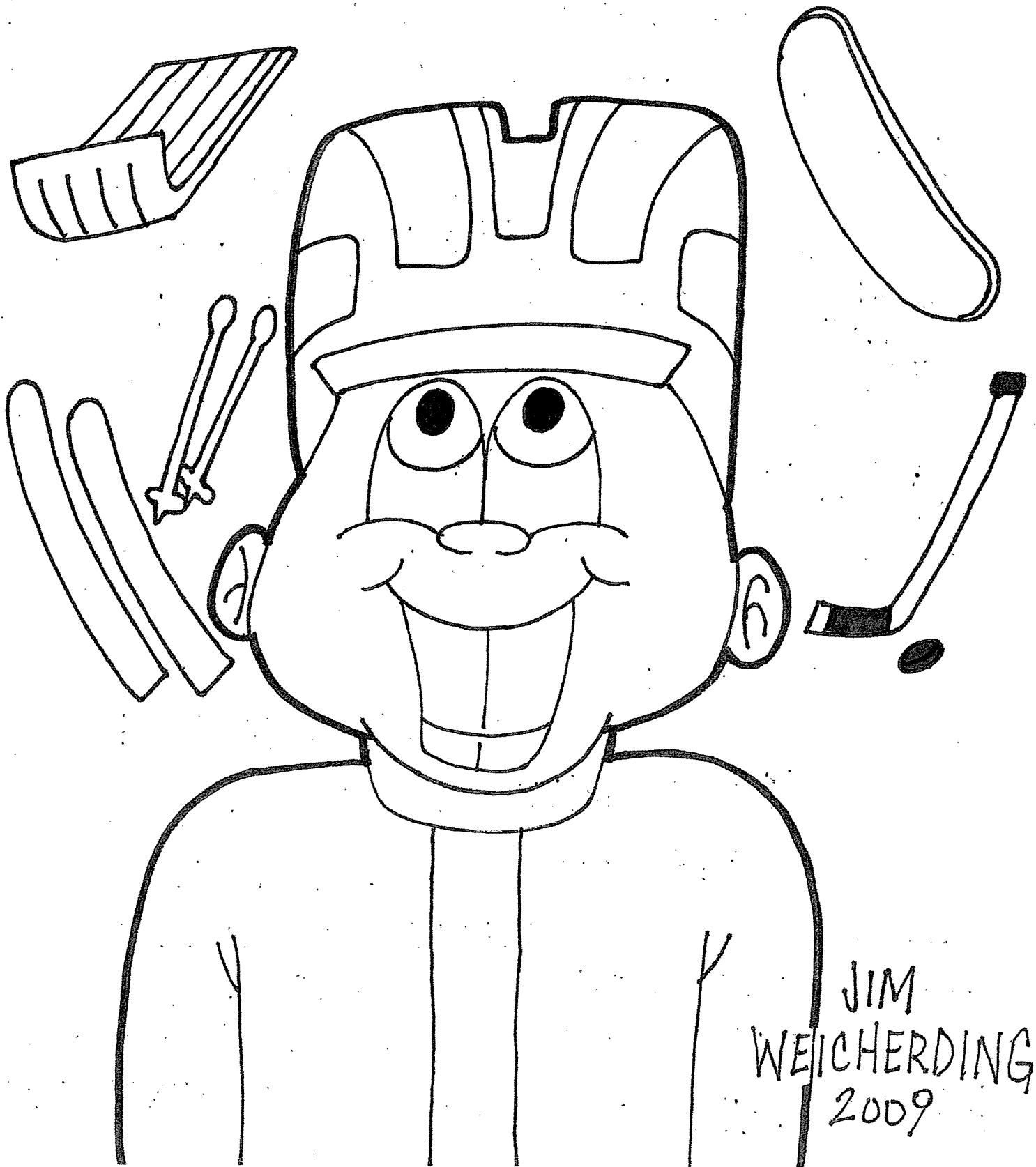


Wear a helmet when you ski, snowboard,
or play ice hockey.



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Dress in layers and wear warm clothes
without drawstrings.



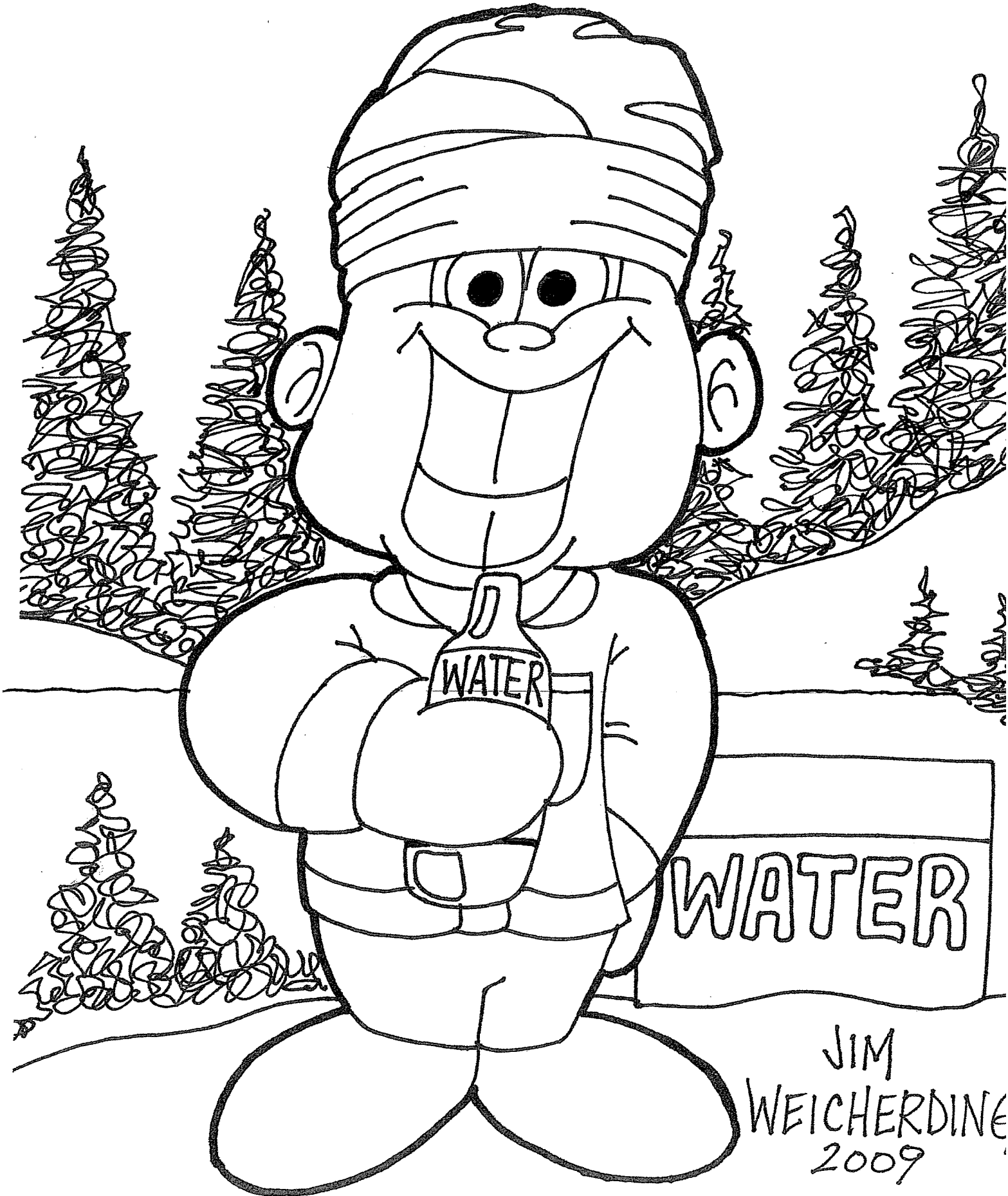
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Make sure that scarves are tucked in so they don't get caught in lifts, ski poles, or other equipment.



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Drink plenty of water or liquids.



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Wear sunscreen to protect your skin, even on cloudy days.



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Use a buddy system and never skate alone. Make sure an adult is watching you.



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Skate in the same direction as the crowd
and avoid darting across the ice.



If you fall through the ice, stretch your arms out wide and kick as if you were swimming. Shout for help and try to crawl backward onto solid ice.

