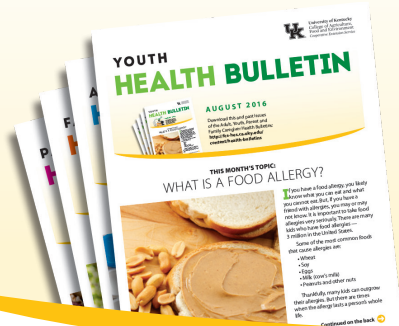




YOUTH HEALTH BULLETIN



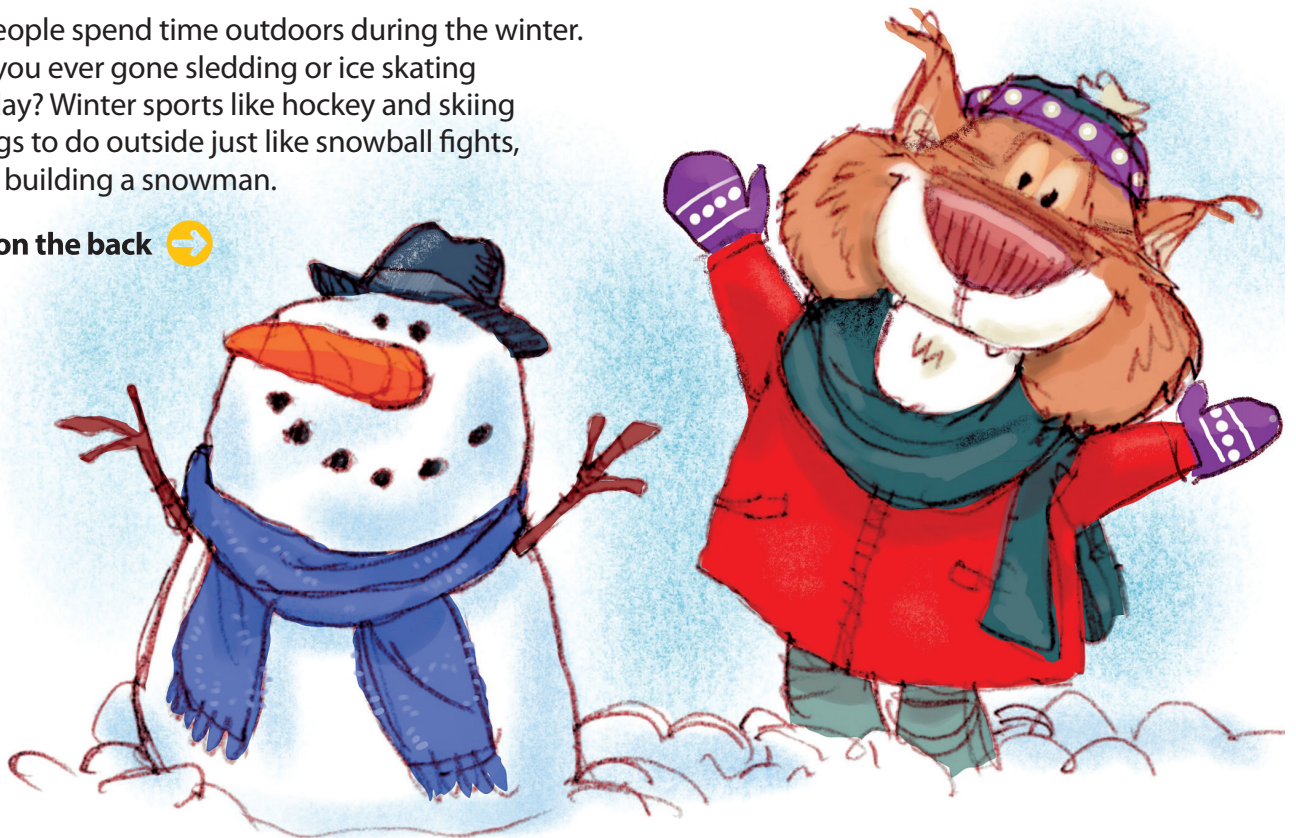
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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: WINTER SPORTS

Many people spend time outdoors during the winter. Have you ever gone sledding or ice skating on a snow day? Winter sports like hockey and skiing are fun things to do outside just like snowball fights, sledding, or building a snowman.

Continued on the back →



Before you go out and play, make sure that you always tell an adult.

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While you're having fun with your friends in the cold, you need to know how to be safe.

Dress in layers

During the winter, you need to dress in layers to stay warm. You can always take layers off if you get hot. Dressing warmly is important from your head to your toes.

- Put a hat on. Body heat can leave your body if you do not have your head covered. A scarf, face mask, and earmuffs also help keep your head warm.
- Start with a long-sleeved shirt, add a sweater and a winter coat.
- For your legs, start with long underwear, and add a heavy pair of pants. Waterproof pants, like ski pants, work best when playing outside.
- Keep your toes warm with heavy socks and waterproof boots.
- Do not forget mittens or gloves. Fingers are sensitive to the cold, so it is best to use waterproof gloves if you will be playing in the snow.

Sledding

- When finding a sledding spot, make sure an adult checks it first to make sure it is safe.
- Everyone should sit facing forward on their sleds with their feet downhill.

well...
one hat,
two
mittens,
a t-shirt,
two sweaters,
one
jacket,
long
underwear...



sweat pants,
two pairs
of socks,
& a pair
of boots...
and now I
need to
visit the
bathroom!



- Never go down the hill face-first because this can lead to a serious head injury.
- Never stand on a sled.
- Everyone should go down the hill one at a time and with only one person per sled. Unless you are with an adult.

Skating

- Only skate on ice that has been approved by an adult. Ice that looks and seems strong may not be able to hold your weight.
- Never touch the skate blade.
- Make sure your skates fit properly.

Before you go out and play, make sure that you always tell an adult. If you have warm clothes on and are careful, you can participate in a lot of winter activities. Now go out and enjoy the snow!

REFERENCES:

<https://kidshealth.org/en/kids/winter-sports.html>
<https://www.cdc.gov/features/winterweather>
<http://www.lambertchildsafety.org/ice-skating-safety-children/>
<https://health.clevelandclinic.org/kids-can-avoid-injury-winter-sports>

YOUTH
HEALTH BULLETIN

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