

## ACT NOW!

- Visit [www.childsafetylink.ca/child-safety-3-5/helmets/winter-helmet-safety.html](http://www.childsafetylink.ca/child-safety-3-5/helmets/winter-helmet-safety.html) to find out more about choosing and fitting helmets for winter activities.
- Buy a helmet at your local sporting goods store.
- Review basic ice skating rules to help you avoid injuries at [www.portskating.ca/HELMETS.pdf](http://www.portskating.ca/HELMETS.pdf).
- Ask your local municipality for indoor and outdoor places to skate in your area.
- Check your local sports and recreation guide for public skating times.
- Check the City of Winnipeg ice thickness guide at [www.winnipeg.ca/police/river\\_patrol/IceChart.pdf](http://www.winnipeg.ca/police/river_patrol/IceChart.pdf)

## Other Active & Safe Kids Manitoba Resources

**Water Safety**  
**Cycling Safety**

**Playground Safety**  
**Roller Sport Safety**



## FAMILY ACTION GUIDE

**Ice Skating Safety**



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## ACTIVE!

Ice skating is one of the most popular winter recreation activities for children and their families. Indoor arena and outdoor rinks are used by thousands of children and their families every winter for public skating.

## and SAFE!

Head injuries are the most serious injury resulting from ice skating, and can be prevented by a helmet, adult supervision and a few key safety tips. Whether your children are skating at an indoor or outdoor rink or in your backyard, you can **ACT NOW** to prevent head injuries.

## Active & Safe Kids Manitoba Program

*This series of family and community action guides were designed by the Active and Safe Kids Manitoba coalition. This program aims to increase the use of protective equipment such as helmets, wrist guards, and PFDs in children and youth, and to raise awareness about preventing injury during popular recreational activities such as cycling and wheeled sports, swimming, playground play and skating. This project is funded by the Public Health Agency of Canada (PHAC).*

### Wear a Helmet Every Time You Skate

- ✓ Helmets should be worn by children and youth every time they ice skate.
- ✓ Skate Canada recommends ice skaters wear a CSA approved hockey helmet. Parents are important role models for kids, and should also wear a helmet when skating.

### Check Helmet Fit

- ✓ If your helmet is adjustable, loosen the screws or clips and extend the helmet all the way before putting it on.
- ✓ After you tighten the screws or clips, the helmet should be 1-2 finger-widths above your eyebrow.
- ✓ Make sure the helmet does not move when you move and shake your head.
- ✓ Secure the chin strap so that one-finger fits between the strap and your chin.

### Skate Together

- ✓ Younger children should always skate with a parent.
- ✓ Supervise young children and be sure they have access to proper support by holding your hand or the outside of the rink.
- ✓ Skate in the same direction as everyone else on the ice when public skating.
- ✓ Beginners and older weak skaters should take Learn to Skate lessons.

### Check Your Gear

- ✓ Make sure your skates fit snugly, are comfortable and have good ankle support.
- ✓ Skates should be sharpened when new and at least every season
- ✓ Elbow pads and knee pads are suggested for beginner skaters
- ✓ Wrist guards can protect skaters of any age from fractures of the wrist
- ✓ Thick mitts can protect little fingers from skate blade injuries

### CHECK THE ICE

- ✓ An adult should always check the thickness of the ice before anyone skates on it. Ice should be 10 cm (4" inches) thick for skating alone or 20 cm (8 inches) thick for skating parties or games.
- ✓ Stay away from ice near open water, or ice that is melting or slushy.