



# “I Skate Safely” Ice Skating Safety

After the  
**School  
Bell Rings**

A Manitoba After School Recreation Project



# Ice Skating Safety for Families and Communities

Presented by Lynne Warda, Medical Consultant, IMPACT and  
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- Manitoba Coalition for Active and Safe Kids (MCASK) is a partnership between sports, recreation and injury prevention organizations and involves government departments, non-profit organizations, the private sector and public health.
- The aim of the coalition is to increase protective equipment use (helmets, wrist guards, and PFDs) in children and youth, and to raise awareness about preventing fractures, head injuries and drowning during popular recreational activities (cycling, wheeled sports, swimming, skating, playgrounds).

**MCASK**



The MCASK Partners have a shared objective of promoting injury prevention during recreation, play and informal sport activities.

Recreation Connections Manitoba <a href="http://www.reconnections.com">www.reconnections.com</a>	The Lifesaving Society <a href="http://www.lifesaving.mb.ca">www.lifesaving.mb.ca</a>	IMPACT, The Winnipeg Regional Health Authority <a href="http://www.wrha.mb.ca">www.wrha.mb.ca</a>	Manitoba Healthy Living Seniors and Consumer Affairs <a href="http://www.gov.mb.ca/healthyliving">www.gov.mb.ca/healthyliving</a>	Winnipeg In Motion <a href="http://www.winnipeginmotion.ca">www.winnipeginmotion.ca</a>
Sport Medicine and Science Council of MB <a href="http://www.sportmed.mb.ca">www.sportmed.mb.ca</a>	Manitoba Children and Youth Opportunities <a href="http://www.gov.mb.ca/cyo">www.gov.mb.ca/cyo</a>	Directeurat de l'activite sportive <a href="http://www.directorat.mb.ca">www.directorat.mb.ca</a>	Canadian Red Cross <a href="http://www.redcross.ca">www.redcross.ca</a>	

# MCASK PARTNERS



- Specific program initiative of MCASK and part of a National injury prevention commitment for kids.
- Funded through Public Health Agency of Canada, administered by Recreation Connections MB and supported through MCASK.

**ACTIVE & SAFE KIDS MANITOBA**



Recognizing the importance of injury prevention for children 0 – 19 years of age, MCASK has five key initiatives:

1. Promotion of safe participation in play, recreation and informal sport activities through leadership development, dissemination of information and communication of existing resources and research.
2. Increased safe play through use of protective equipment and supervision.
3. Education regarding safe play environments for children and youth.
4. Promotion of safe recreational policies and practices.
5. Collaboration with public and private sectors as injury prevention partners.

## KEY INITIATIVES

Our focus is on injury prevention for children 0 – 19 years who participate in recreation activities:



**TARGETED RECREATION ACTIVITIES**



MCASK provides information guides targeted to Families and Communities to educate on injury prevention strategies and use of safety equipment.

**MODULE 1**

Introduction to  
M.C.A.S.K.

**MODULE 2**

Kids Don't Float  
Water Safety

**MODULE 3**

Caught You Using Your  
Head  
Bicycling Safety

**MODULE 4**

Caught You Using Your  
Gear  
Roller Sport Safety

**MODULE 5**

Kids Don't Bounce  
Playground Safety

**MODULE 6**

I Skate Safely  
Ice Skating Safety

**TRAINING MODULES**





# “I Skate Safely” Ice Skating Safety MODULE 6

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- Participation Statistics & Injury Rates
- Evidence Based Strategies for Injury Prevention
- Resources to Promote Safe Participation
- What Families Can Do
- What Communities Can Do
- Communication Strategies and Tools

## ICE SKATE SAFETY OVERVIEW



50-65% of children and youth between the ages of 5 and 17 participate in ice skating.

**PARTICIPATION RATES**



- **Ice skating injuries were the 3<sup>rd</sup> leading reason for hospitalization due to sport and recreation injury in Ottawa (2004-8) and 7<sup>th</sup> in Ontario overall (2002-3).**
- **The majority of ice skating injuries are fractures (24%) and open wounds (25%) due to a fall, with 28% of injuries effecting the head and neck.**

## **INJURY STATISTICS**



- Children break their falls with outstretched arms in over 90% of cases, and 13% of falls result in the head striking the ice, despite this protective response.
- Mandatory helmet use at indoor rinks is strongly recommended, particularly for children and novice skaters.
- Free or loaned helmets may also be effective in increasing helmet use and decreasing injuries among ice skaters.
- Wrist guards may decrease the risk of upper extremity fractures in skaters of all ages.

**EVIDENCE BASED STRATEGIES**



The main strategies for **families** to prevent ice skating injuries:

- ✓ Wear a helmet every time you skate.
- ✓ Check helmet fit.
- ✓ Skate together.
- ✓ Check your gear.
- ✓ Check the ice.

**STRATEGIES FOR FAMILIES**



Main strategies for **communities** to encourage ice skating safety are:

- ✓ Promote helmets at local indoor and outdoor areas,
- ✓ Educate on proper helmet fit,
- ✓ Recommend the use of other protective gear such as gloves, wrist guards, knee and elbow pads,
- ✓ Reward positive safety behaviour through incentive programs,
- ✓ Coordinate community-based helmet promotion and education campaigns.

**STRATEGIES FOR COMMUNITIES**



- ✓ Reduce potential cost barriers by organizing low cost helmet programs or equipment loan programs in facilities,
- ✓ Require young children to be closely supervised,
- ✓ Teach public skating rules,
- ✓ Educate on thickness of ice on outdoor lakes or ponds that is safe for skating,
- ✓ Recommend Learn to Skate lessons for beginner and older novice or weak skaters.

**STRATEGIES FOR COMMUNITIES**





## ***Active & Safe Kids Manitoba***

[www.reconnections.com](http://www.reconnections.com)

I SKATE SAFELY – Family Guide: Tips and information on helmet use and skating safety.

I SKATE SAFELY – Community Guide: Informative participation and injury statistics, key safety messages, and helmet safety program ideas for your community.



**RESOURCES & PROGRAMS**



***Parachute Canada***

<http://www.parachutecanada.org/injury-topics/item/winter-sports>

Tips to reduce your risk of a serious injury when ice skating.

***Skate Canada***

<https://info.skatecanada.ca/hc/en-ca/articles/202492904-Helmet-Use-Policy-Information-for-Clubs-Coaches-and-Parents>

The “Use of Helmets” document outlines Skate Canada’s helmet use requirements and other safety tips to avoid sustaining a head injury when skating.

**RESOURCES & PROGRAMS**



**Child Safety Link** <http://childsafetylink.ca/>

The document “Fitting a Helmet for Ice Sports” provides information on what to look for when buying a helmet, how to properly fit your helmets, and when you should replace your helmet.

<http://childsafetylink.ca/wp-content/uploads/2014/10/Ice-Helmet-Handout-CSL-August-2011.pdf>

The booklet “A Parent’s Guide to Helmet and Recreation Safety” contains helmet use and safety advice for a range of summer and winter activities.

[http://horizonnb.ca/media/592863/parent\\_s\\_guide\\_to\\_helmet\\_and\\_recreation\\_safety\\_-\\_english.pdf](http://horizonnb.ca/media/592863/parent_s_guide_to_helmet_and_recreation_safety_-_english.pdf)

**RESOURCES & PROGRAMS**



***Canadian Paediatric Society***

[www.ncbi.nlm.nih.gov/pmc/articles/PMC2794526](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2794526)

Winter safety tips for parents and children for a range of outdoor activities.



**RESOURCES & PROGRAMS**



## **Wear a CSA Approved Helmet**

- ✓ Helmets should be worn by children and youth every time they ice skate. A helmet with full face mask is recommended.
- ✓ 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.

**ACT NOW:** Buy a helmet at your local sporting goods store.

**WHAT FAMILIES CAN DO**



## Check Helmet Fit

- ✓ Adjust the helmet by loosening the screws or clips and extend the helmet all the way before putting it on.
- ✓ The helmet should be 1-2 finger widths above your eyebrow.
- ✓ Make sure the helmet does not move when you shake your head.
- ✓ Secure the chin strap so that one finger fits between the strap and your chin.

**ACT NOW:** to find out more about choosing and fitting helmets for winter activities go to: [Child Safety Link](#) and download their fitting guide

**WHAT FAMILIES CAN DO**



## Skate with your Young Children

- ✓ 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.

**ACT NOW:** Check your local sports and recreation guide for public skating times.

**WHAT FAMILIES CAN DO**



## Learn Public Skating Rules

- ✓ Know public skating rules at the facility.
- ✓ Review the rules with your family.
- ✓ Lead by example.

**ACT NOW:** Review basic ice skating rules to help you avoid injuries

**WHAT FAMILIES CAN DO**





## **Wear Protective Equipment**

- ✓ 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.

**ACT NOW:** Check your equipment and invest in wrist guards.

**WHAT FAMILIES CAN DO**



## Check Ice Thickness

- ✓ 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.

**ACT NOW:** 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)

**WHAT FAMILIES CAN DO**



## Promote and Reward Helmet Use

### Caught You Using Your Head – Helmet Incentive Program!

- ✓ Staff or volunteers to "ticket" children "caught" using their helmet.
- ✓ Recruit a local sponsor to assist with coupons and contest prizes (e.g. retailers, food or entertainment vendors).
- ✓ Coupons and/or contest entry forms to use as tickets (you can also use stickers, tattoos, or other promotional items).

**WHAT COMMUNITIES CAN DO**



## Low Cost or Free Helmets for Low Income Families

- ✓ Low cost helmets can be purchased by community organizations for free distribution or to offer a low cost purchase option for parents. Visit [www.parachute.org](http://www.parachute.org)
- ✓ Work with local retailers to offer discount coupons for helmets, or for donations of helmets for low income families.
- ✓ Your organization can build on your local *Caught You Using Your Head* campaign by providing kids "caught" not using their helmet with a coupon for discounted or free helmet.

**WHAT COMMUNITIES CAN DO**



## Helmet Loan Program

- ✓ Identify a local indoor or outdoor arena with low helmet use.
- ✓ Purchase or arrange donation of 5-10 helmets of each size (S/M and M/L) for a small loan program.
- ✓ Store helmets in plastic boxes/bins (one box for each size).
- ✓ Implement hygiene and maintenance program (sample online).
- ✓ Post signs to explain the procedure for loans, how to fit and properly wear helmets, and contact information for the loan program operator.
- ✓ Survey helmet users for feedback and to find out why they used the helmets, whether they would loan them again, or whether they would purchase them.

**WHAT COMMUNITIES CAN DO**



## Why evaluate?

- To gauge how injury prevention strategies are impacting behaviour
- Provides valuable motivational feedback
- Provides data to support additional funding or programs

## How to evaluate?

- A simple process of observing and recording helmet use
- Observations must be made before and after an event/activity to measure impact on behaviour

**EVALUATION**



## Data collection form – short form

Site: _____		Date: _____		Time: _____		Day: M T W R F Sa Su		
Observation	# of Toddler	Toddlers w/Helmets	# of Children	Children w/Helmets	# of Youth	Youth w/Helmets	# of Adults	Adults w/Helmets
1								
2								

Printable copies of data collection forms are available at:

[www.reconnections.com](http://www.reconnections.com)

**EVALUATION**



1. Share the information with other community leaders.
2. Explore the resources and links to organizations who share the injury prevention objective.
3. Visit the website [www.reconnections.com](http://www.reconnections.com).
4. Work with others to coordinate educational campaigns featuring the key ice skating safety messages.
5. Coordinate events or activities to raise awareness of safety strategies including equipment usage.
6. Be Active, Be Safe!

**ACT NOW**





## **Thank you for participating in Ice Skating Safety Module 6**

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**BE ACTIVE, BE SAFE!**