



# GREAT SALT LAKE COUNCIL

BOY SCOUTS OF AMERICA®



## Roundtable Safety Spotlight Winter Sports and Ice Safety



### SKIING, SNOWBOARDING, CROSSCOUNTRY SKIING, ICE SKATING, SLEDDING, SNOWMOBILING ICE FISHING, SNOWSHOEING AND ICE CLIMBING\*.

Essential ingredients for fun include skill training and an awareness of the hazards unique to these activities. Snow conditions, hazardous terrain, special clothing needs, and emergency survival are important issues for a safe and successful experience.

The following guidelines should always be followed:



1. All winter activities must be supervised by mature and conscientious adults (at least one of whom must be age 21 or older) who understand and knowingly accept responsibility for the well-being and safety of the youth in their care, who are experienced and qualified in the particular skills and equipment involved in the activity, and who are committed to compliance with the seven points of BSA Winter Sports Safety. Direct supervision should be maintained at all times by two or more adults when Scouts are in the field.

2. Winter sports activities embody intrinsic hazards that vary from sport to sport. Participants should be aware of the potential hazards of any winter sport before engaging in it. Leaders should emphasize preventing accidents through adherence to safety measures and proper technique.

3. Appropriate personal protective equipment is required for all activities. This includes the recommended use of helmets for all participants engaged in winter sports, such as sledding and riding other sliding devices.



### The use of helmets is required for the following activities: downhill skiing, snowboarding, ice climbing\* and operating snowmobiles (requires full face helmets).

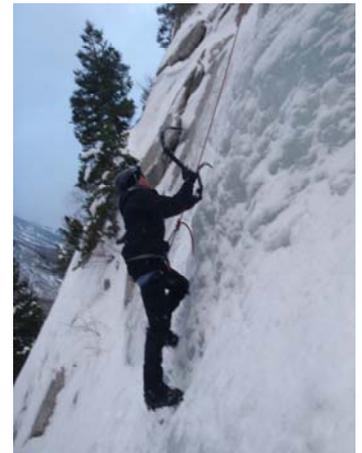


4. Winter sports activities often place greater demands on a participant's cardiopulmonary system, and people with underlying medical conditions (especially if the heart or lungs are involved) should not participate without medical consultation and direction. For participants without underlying medical conditions, the annual health history and physical examination by a licensed health-care practitioner every year is sufficient. Adults participating in strenuous outdoor winter activity should have an annual physical examination.

5. For winter sports such as skiing, snowboarding, snowmobiling, etc., that utilize specialized equipment, it is essential that all equipment fit and function properly.

6. When youth are engaging in downhill activities such as sledding or tobogganing, minimize the likelihood of collision with immobile obstacles.

7. All participants should know, understand, and respect the rules and procedures for safe winter activity. The applicable rules should be presented and learned before the outing, and all participants should review them just before the activity begins. Rules for safety, plus common sense and good judgment, keep the fun from being interrupted by tragedy.



**\*Note: Ice climbing requires trained, approved and qualified ice climbing instructors. Contact the council office for additional information.**

#### Resources:

*Guide to Safe Scouting*, <http://www.scouting.org/filestore/pdf/34416.pdf>

*"Be Prepared" for Winter Safety*, <http://www.scouting.org/Media/PressReleases/PreviousYears/2003/031100.aspx>

*Snow Sports*, Merit Badge Book, BSA Supply No. 35951

*Skating*, Merit Badge Book, BSA Supply No. 35949