

# Winter Recreation Safety





# Skiing & Snowboarding Safety Tips (1/3)

Korea has plenty of ski resorts and is a great recreational activity. No matter what type of sports activity you choose, safety should be a top priority. Before you enter the playing field, consider the following safety tips on these winter sports. The following safety tips will help skiers and snowboarders of all ages to decrease their risks of injury this winter and in winters to come.



## Skiing & Snowboarding

- **Wear a proper safety gear** that is specifically made for skiing or snowboarding. Snowboard/ski goggles, helmet, snowboard wrist guards, and knee pads to protect your eyes and body.
- **Choose proper fitting equipment.** You can have equipment adjusted at most local sports stores.
- **Dress in layers.** This will allow you to alter your temperature level throughout the day.



# Skiing & Snowboarding Safety Tips (2/3)

- **Wear the proper clothing.** This includes gloves, scarves (tucked in) hats, helmets, waterproof jackets and pants, long underwear, and sweaters. Jeans are not recommended, as they will not keep you warm and dry if you get them wet.
- **Bring an SPF lip balm and sunscreen** for your face. They will need protection from the wind and sun. Remember, just because it is cold, doesn't mean you can't get a sunburn!
- **If you are a beginner,** take a lesson from a trained professional before attempting to ski or snowboard on you own. Learning the basics can give you valuable knowledge that will help to protect you against injuries and falls.





# Skiing & Snowboarding Safety Tips (3/3)

- **Know your limits!** If you are unsure about a certain hill, don't risk trying it. Build up your skills gradually and only do what you feel safe and confident doing! It is also a good idea to have a friend watch you when you are trying something new. That way, if something does go wrong, your friend will be able to get help immediately.
- **Take a break** if you feel tired.
- **Watch out for obstacles** such as jumps, barriers, and other skiers and snowboarders. Make sure you wear bright clothing, so that other people can see you!
- **Do not venture off of the marked trails.** These areas are not safe and are not monitored by ski patrollers.





# Sledding

The most common sledding injuries include fractured arms or legs, the result of sledders tumbling off their sleds. Here are some tips to avoid such mishaps:

- Use a sled that you can steer.
- Do not allow children to go sledding unsupervised.

Kids should be at least 6 or 7 years old before they start; preschoolers don't have essential coordination.

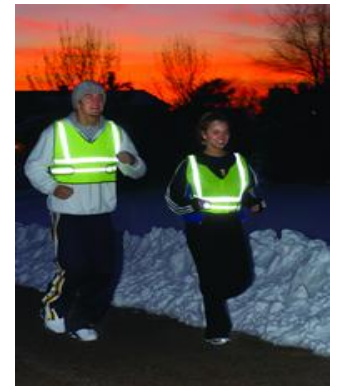
- Before your first trip, inspect the hill to make sure it isn't too steep for you.
- Don't hang your arms or legs off the sled.
- As with skiing and snowboarding, wear a helmet.
- Face forward, and don't go down the hill headfirst.
- Check the manufacturer's guidelines on the sled's maximum occupancy. Also some sleds are age restrictive and only allow those aged 13 and older.





# Jogging/Walking Safety Tips (1/2)

- **In cold, winter conditions, avoid icy and snowy road runs.** You could be in grave danger.
- For winter running or jogging, **always carry a warm hat** with you. Even though you may not need a hat to keep your head warm while actually running, you will freeze without it if you have to stop. Too much perspiration is better than any amount of hypothermia or frostbite. The body loses thirty per cent of its heat from the head.
- **Before you start, consult your physician.**
- **Warm up before exercise.** Warming up your muscles before you jog can decrease your risk of injury.
- **Wearing of head/earphones are prohibited**
- **Pace yourself.** Start jogging at a slower pace for the first few minutes or start your jog with a brisk walk.
- **Pay attention to how your body feels before and after a jog.**





# Jogging/Walking Safety Tips (2/2)

- **Beware of sudden injuries.** Most mild chronic injuries can be treated with a combination of stretching and strengthening exercises.
- **Watch out for acute and chronic injuries.** Hamstring tears are common acute injuries
- **Good running/walking shoes are essential.** A proper fit means that your heel should be snug and not excessively slide up and down.
- **Always jog / walk against traffic.**
- **Be seen while running** (Reflective clothing is **MANDATORY**)
- **Finish with cool down.** At the end of your jog, cool down by slowing your pace or walking.
- **Find out if jogging is right for you.** If you have a bad back, constant sore knees, or other recurring injuries, the pounding of jogging may not be for you. Find an activity that puts less stress and impact on the body.

