Winter Activities

Personal Composite Risk Management (CRM) Guides

24/7

Objective: This packet was developed with the intent to assist leaders in developing personal Composite Risk Management guides. This packet covers numerous activities that are normally encountered throughout the cooler/colder winter months. Please take these guides and tailor them, as you deem necessary.

Everyone is expected to exercise sound judgment and self-discipline in all activities and not put life or limb, or performance of their Army duties in jeopardy.

The commander's role in safety does not replace the individual's responsibility.

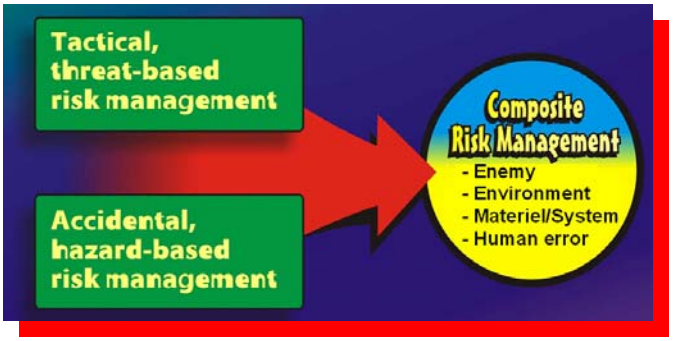
Table of Contents

Composite Risk Management Process

- Composite Risk Management is the process of identifying and controlling hazards
- Its five steps represent a logical and systematic thought process from which users develop tools, techniques and procedures for applying Composite Risk Management in their areas of responsibility, both on and off duty
- It is a continuous process applicable to any situation and environment

Composite Risk Management steps:

1. Identify Hazards
2. Assess the Hazards
3. Develop Controls and Make Risk Decision
4. Implement Controls
5. Supervise and Evaluate



It should be applied to every activity 24 hours a day, 7 days a week!

Exposure and Cold

EXPOSURE: Symptoms of exposure include physical and mental slowing down; decrease in reasoning power, change in mood, slurred speech, shivering and cramps, followed by possible collapse.

FROSTBITE: If subjected to intense cold, the tissues under the skin may freeze. This is caused by the formation of tiny ice particles and disruption of the blood supply brought on by clumps of red blood cells that in turn block the vessels. Where frostbite (numb white tissue) is suspected, remove wet clothing and constricting objects (such as a ring) from the affected part. Apply a dry, protective cover after gently dabbing away any moisture. Let the frostbite area warm up gradually. **DO NOT HEAT IT IN ANYWAY**. And do not rub it.

HYPOTHERMIA: Here the victim is extremely cold all over, with puffy skin, which is white or blue (except for a child, who looks pink). The heartbeat will be slow and weak. When hypothermia occurs keep the victim in bed. Cover victim with blankets, but keep them loose. Do **NOT use hot water bottles or an electric blanket.** Excessive heat may further injure the victim. If the victim is conscious give warm drinks.

GENERAL PREVENTION: To prevent the problems caused by extreme cold, restrict the loss of body heat from the extremities (head and feet and hands) with dry, insulated clothing. Body heat escaping through your head is the single largest source of heat loss. Wearing a warm hat when outside will reduce this heat loss. On long trips take along-high energy foods (chocolate, glucose, fat) and plenty of hot beverages. Remember that both the young and the elderly are particularly vulnerable to low temperatures. **AVOID DRINKING ALCOHOL**, as this causes the body to lose heat, rather than retain it.

Hydration in Winter

Do you think summer is the only time you should be concerned about drinking enough fluids? Actually, both, hot and cold weather can dehydrate the body, making it important to focus on fluids all year long.

- Heated indoor air tends to dry the skin, increasing the need for more fluids. Be especially alert if you like to keep your home or office extra warm.
- In the winter you may not feel thirsty as often, making it even more possible to get dehydrated.
- Consume at least sixty-four ounces of water-based beverages throughout the day.
- If you're participating in strenuous activities such as shoveling snow or ice-skating you may need more.
- Increase intake by switching to water breaks; fill your mug with water instead of coffee, which can dehydrate you more; or put sixty-four ounces in a water bottle and make sure that it's empty at the end of each day.

Preventing Sports Injuries

- A complete periodic physical is important for many reasons, but is extremely important before strenuous activities.
- Proper conditioning before the activity is essential. Warm up, gently stretch, and when finished cool down slowly.
- Do not ignore pain.
- Watch the weather. Be especially alert if the temperature starts getting colder and outdoor activities curtailed. Water breaks must be frequent and mandatory.
- Make sure the area in which the activity takes place is clear of hazards, and reasonably level.
- Youngsters need proper supervision.
- Youngsters must be matched as to size and weight, and protective equipment must be used.
- Watch for proper biomechanics, such as throwing a ball properly.
- A person who is already injured should not continue in the activity.
- Avoid excesses and know where to get medical help if needed.
- Keep a first aid kit accessible.

Ice-Skating

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with ice-skating:

- Experience
- Ability
- Accidents
- Weather
- Location
- Equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Know your limits and skate accordingly. Don't take chances.
- Ensure the area is appropriate.
- Wear appropriate clothing.
- Ensure you go with a friend or family member.
- Does your equipment fit properly and is it maintained?

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Wear skates that fit comfortably and provide enough ankle support to keep you on your feet.
- Have the blades professionally sharpened at the beginning of each season.
- Skate only on specially prepared skating areas where you are sure the ice is strong enough to withstand your weight.
- Always check for cracks, holes and other debris.
- Before setting out on your skating expedition, learn basic skating skills, such as how to stop and fall safely.
- Wear warm clothing and rest when you become tired or cold.
- Never skate alone.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Skiing And Snowboarding

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with skiing and snowboarding:

- Experience
- Ability
- Accidents
- Weather
- Location
- Equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Know your limits physically. Don't over do it.
- Dress appropriately.
- Is you equipment properly maintained?
- Don't go alone. Someone needs to know where you are.
- What is the weather like? Is it a good time to be out there or not?

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

Prior to Hitting the Slopes

- Get in shape. Don't try to ski yourself into shape. You'll enjoy skiing more if you're physically fit.
- Obtain proper equipment. Be sure to have your ski or snowboard bindings adjusted correctly at a local ski shop. You can rent good ski or snowboarding equipment at resorts.
- When buying skiwear, look for fabric that is water and wind resistant. Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and drawstrings that can be adjusted for comfort and keep wind out. Be sure to buy quality clothing and products.
- Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, dress in polypropylene underwear (top and bottoms), which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Wear a turtleneck, sweater and jacket.
- Be prepared. Mother Nature has a mind of her own. Bring a headband or hat with you to the slopes, 60 percent of heat-loss is through the head. Wear gloves or mittens (mittens are usually better for those susceptible to cold hands).
- Wear sun protection. The sun reflects off the snow and is stronger than you think, even on cloudy days!

- Always wear eye protection. Have sunglasses and goggles with you. Skiing and snowboarding are a lot more fun when you can see.
-

While on the Slopes

- Take a lesson. Like anything, you'll improve the most when you receive some guidance. The best way to become a good skier or snowboarder is to take a lesson from a qualified instructor.
- The key to successful skiing/snowboarding is control. To have it, you must be aware of your technique, the terrain and the skiers/snowboarders around you.
- Be aware of the snow conditions and how they can change. As conditions turn firm, the skiing gets hard and fast. Begin a run slowly.
- Skiing and snowboarding require a mental and physical presence.
- If you find yourself on a slope that exceeds your ability level, always leave your skis/snowboard on and side step down the slope.
- The all-important warm-up run prepares you mentally and physically for the day ahead. Drink plenty of water. Be careful not to become dehydrated.
- Curb alcohol consumption. Skiing and snowboarding do not mix well with alcohol or drugs.
- Know your limits. Learn to ski and snowboard smoothly-and in control. Stop before you become fatigued and, most of all have fun.
- If you're tired, stop skiing. In this day and age of multi-passenger gondolas and high-speed chairlifts, you can get a lot more time on the slopes compared to the days of the past when guests were limited to fixed grip chairlifts.
- Follow the "Your Responsibility Code," the seven safety rules of the slopes:

Your Responsibility Code

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, cross country and other specialized ski equipment, such as that used by disabled or other skiers. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers the responsibility for a great skiing experience.

1. Always stay in control.
2. People ahead of you have the right of way.
3. Stop in a safe place for you and others.
4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings, and keep off closed trails.
7. Know how to use the lifts safely.

KNOW THE CODE. IT'S YOUR RESPONSIBILITY.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Sledding and Tobogganing

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with sledding and tobogganing:

- Experience
- Ability
- Accidents
- Weather
- Location
- Equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Are you dressed properly?
- Is your gear in tiptop shape?
- Watch out for other people while enjoying yourself.
- Is the route clear of hazards?
- Monitor the weather.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Keep all equipment in good condition. Broken parts, sharp edges, cracks and split wood invite injuries.
- Dress warmly enough for conditions.
- Sled on spacious, gently sloping hills that have a level run-off at the end so that the sled can come to a halt safely. Avoid steep slopes and slopes located near streets and roadways.
- Check slopes for bare spots, holes and other obstructions that might cause injury. Bypass these areas or wait until conditions are better.
- Make sure the sledding path does not cross traffic and is free from hazards such as large trees, fences, rocks or telephone poles.
- Do not sled on or around frozen lakes, streams or ponds because the ice may be unstable.
- The proper position for sledding is to sit or lay on your back on the top of the sled, with your feet pointing downhill. Sledding headfirst increases the risk of head injury and should be avoided.
- Sledders should wear thick gloves or mittens and protective boots to protect against frostbite as well as potential injury.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Winter Storms

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with winter storms:

- Accidents
- Weather
- Location

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Have you checked the weather on the TV or radio?
- Does someone know where you are?
- Do you have an emergency kit in your car?
- Do you really need to be out there or could you go some other time?

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- The hazards of winter storms are dramatic: wind-driven snow can make it impossible to see and creates large drifts that may block your field of view and hide other hazards.
- Blizzards and ice storms can knock down trees, utility poles and power lines. Even small amounts of ice may result in extremely hazardous conditions for motorists and pedestrians.
- Becoming stuck in a storm can be life threatening because of the risk of frostbite and hypothermia.
- Advisories are issued by the National Weather Service (NWS) when the public should be alerted to possible storms. A winter storm watch is issued when severe winter conditions are possible within the next 12 to 48 hours. The NWS issues a winter storm warning when severe winter weather conditions are occurring or expected to occur within a few hours.
- "Winterize" your car with fresh antifreeze and a strong battery. Use snow tires and snow chains when necessary. Keep a winter survival kit in your car.
- During a storm, listen to local radio or television for the latest weather reports and emergency information.
- If you must be outside, wear plenty of layers of clothing. Don't over-exert yourself. Make sure you wear a hat, because the largest amount of body heat is lost through the top of the head.
- If you get stranded in your car, stay with it until help arrives. Do not try to walk for help during a blizzard.
- Keep posted on weather conditions.
- Prepare for isolation at home (what would be good in a survival kit?).

- Plan for an alternate heat source in case the electricity goes out for an extended time. Remember that your ordinary furnace will not work without electricity even if it burns natural gas, propane, or fuel oil, because it uses electricity to run its thermostat, pumps, blowers, and fans. But you may use a wood stove, small kerosene heater, or other alternate heaters that are designed for the purpose. Do NOT use grills or other heating devices that are designed for outdoor use only (they produce deadly carbon monoxide gas).
- Prevent fire hazards due to overheated wood stoves, fireplaces, or electric heaters.
- Fill all liquid fuel heating devices outside buildings.
- Stay indoors unless dressed properly. Overexertion such as snow shoveling is a major cause of winter storm deaths.
- Dress in warm layers and shed them as you become uncomfortably warm.
- Travel only if absolutely necessary, and then only in daylight on major roads.
- Do not travel alone. Let someone know your schedule and destination.
- Carry an emergency kit in the trunk of your car (what should this contain?).

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Snow and Ice Removal

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with snow and ice removal:

- Experience
- Ability
- Accidents
- Weather
- Location
- Equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Are you in shape for this type of activity?
- Dress appropriately.
- Use proper pushing and lifting techniques.
- Be aware of the hazards.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Be extra cautious when taking the first step outside. The majority of falls occur when people make the transition from firm indoor footing to unexpectedly slick outdoor conditions.
- During the hours of darkness avoid short cuts; walk on main roads facing traffic. Use the sidewalk and other illuminated areas when possible.
- Clean up water – Water has a tendency to collect inside building entrances as the result of snow/ice deposits from footwear.
- Shoveling snow can be excellent exercise, but it can also be hazardous to people who overdo it.
- If you are older than 40, or if you aren't in good shape, be careful.
- If you have a history of heart trouble, check with your doctor before grabbing that snow shovel and clearing the driveway or sidewalk.
- Don't shovel snow just after you eat.
- Don't smoke while shoveling.
- Pace yourself. Snow shoveling is a strenuous exercise that raises both your pulse and blood pressure. Treat shoveling like an athletic event: warm up before you start, and stretch during and after shoveling.
- Shovel fresh snow, which is easier to handle than snow that has partly melted or become packed-down.
- Push the snow forward instead of scooping and lifting it.
- Push or pick up small amounts at a time.

- Concentrate on using your legs instead of your back. Bend your legs and keep your back straight.
- Take frequent breaks and don't work yourself to exhaustion.
- If your chest feels tight, stop immediately.
- Wear layers of clothing, and keep your hands and feet warm.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Surviving the Deadly Silent Killer

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with carbon monoxide gas:

- Experience
- Accidents
- Weather
- Location

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Do you have a carbon monoxide detector and is it properly maintained?
- Only have qualified technicians work on your gas appliances.
- Know the signs of carbon monoxide poisoning and have your emergency numbers available.
- Know first aid for CO poisoning.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

What is carbon monoxide?

- Carbon monoxide is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes; CO can kill you before you are aware it is in your home. At lower levels of exposure, CO causes mild effects that are often mistaken for the flu. These symptoms include headaches, dizziness, disorientation, nausea and fatigue. The effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.

Where does carbon monoxide come from?

- CO gas can come from several sources: gas-fired appliances, charcoal grills, wood-burning furnaces or fireplaces and motor vehicles.

Who is at risk?

- Everyone is at risk for CO poisoning. Medical experts believe that unborn babies, infants, children, senior citizens and people with heart or lung problems are at even greater risk for CO poisoning.

What to do if your carbon monoxide alarm goes off.

If no one is feeling ill:

- Silence the alarm.
- Turn off all appliances and sources of combustion (i.e. furnace and fireplace).

- Ventilate the house with fresh air by opening doors and windows.
- Call a qualified professional to investigate the source of the possible CO buildup.

If illness is a factor:

- Evacuate all occupants immediately.
- Determine how many occupants are ill and determine their symptoms.
- Call your local emergency number and when relaying information to the dispatcher, include the number of people feeling ill.
- Do not re-enter the home without the approval of a fire department representative.
- Call a qualified professional to repair the source of the CO.

Protect Yourself

- Install at least one UL (Underwriters Laboratories) listed carbon monoxide alarm with an audible warning signal near the sleeping areas and outside individual bedrooms. Carbon monoxide alarms measure levels of CO over time and are designed to sound an alarm before an average, healthy adult would experience symptoms. It is very possible that you may not be experiencing symptoms when you hear the alarm. This does not mean that CO is not present.
- Have a qualified professional check all fuel burning appliances, furnaces, venting and chimney systems at least once a year.
- Never use your gas range or oven to help heat your home and never use a charcoal grill or hibachi in your home or garage.
- Never keep a car running in a garage. Even if the garage doors are open, normal circulation will not provide enough fresh air to reliably prevent a dangerous buildup of CO.
- When purchasing an existing home, have a qualified technician evaluate the integrity of the heating and cooking systems, as well as the sealed spaces between the garage and house. The presence of a carbon monoxide alarm in your home can save your life in the event of CO buildup.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Safety In The Great Outdoors

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with the great outdoors:

- Experience
- Ability
- Accidents
- Weather
- Location
- Equipment

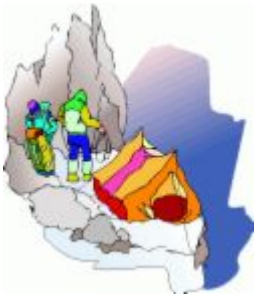
Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- What does the weather forecast look like?
- Ensure your equipment is properly maintained.
- Never go alone and ensure friends or family know where you are.
- Beware of wild animals and insects.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

Expect the Unexpected

- Before you set out, try to imagine what conditions you might face. How would you survive if something goes wrong? Even on a short trip, you might need to spend the night and the weather could deteriorate. How would you get help if you become lost or injured?
- Find out about the area you plan to explore. Bring a good map, and check the weather forecast. Tell others of your intended route and timetable. Never travel alone, and always stay with your group. Wear the proper clothes and footwear. You'll also need enough water and food.
- Whenever you go hiking, take along something to protect you from cold, rain or wind. A waterproof reflective survival blanket is ideal; it's cheap, reusable, highly functional, and takes very little space in your pack. Also bring along a whistle so you can let others know your location, and a flashlight in case you are still on the trail when the sun goes down.



- If you get into trouble, early detection can mean the difference between a safe return and a life-threatening situation. It is recommended that anyone who likes to venture into the wilderness, whether on foot, by water or on a vehicle such as an ATV, should invest in a wilderness survival kit. They come in different levels, with components suitable for the day hiker up to the veteran adventurer.
- There are many suggested equipment checklists, but no single list covers every circumstance. Wilderness adventurers should use common sense and take all appropriate precautions.

Make Yourself Easy to Find

- When you head into the wilds, bring a map, Global Positioning System (GPS) and mobile phone. A GPS, used in conjunction with your map, should enable you to find your way out. With a mobile phone you can usually call for help.
- As soon as you realize you are lost or need help, stop. Staying in one place makes you easier to find. In case of a serious injury, build a shelter and wait for rescuers. Trying to transport an injured person may lead to exhaustion or further injury. If you are stranded because of a broken-down vehicle, such as an ATV or aircraft, it is usually best to stay where you are. Large objects are easier to spot than a lone hiker.
- If you need to signal, move to higher ground. Aerial flares and signal mirrors can attract attention. Once help is on the way, smoke flares, whistles and distress flags can help rescuers identify your exact position and keep them on course.

Teach Your Children Well

- Supervise your children closely and make sure they know what to do should they get lost.
- Tell them to choose a tree near a clearing and stay there. They can hug and talk to the tree if they feel frightened. Tell them to yell at noises that scare them. This scares animals away and helps searchers find them. Above all, tell them no one will be angry with them if they get lost. Children have been known to hide from searchers for fear of punishment.

Beware of Bears

- Confronting a bear in the wild can be deadly.
- Bear behavior is complex and there is no single strategy to protect yourself. First and foremost, take measures to keep bears away. Never prepare, eat or store food in your tent when camping. If you are hiking in the woods, make noise to advertise your presence, and stay in a group. Bears are attracted by scents, so keep food and garbage in airtight containers, and avoid perfumed toiletries. Before planning a trip in bear country, seek instruction on how to deal with specific types of bears and confrontations.

What If Lightning Strikes?

- Don't let yourself be caught in the woods in a bad thunderstorm. If storms are in the forecast, postpone your trip until the danger is past.
- Take shelter as soon as you see dark storm clouds gathering, feel the wind, or hear thunder in the distance — but not by standing under a tree. When lightning strikes a tree, electricity runs down the trunk, through the roots and into the ground, causing a strong shock.
- If possible, head for a house, a large building or your car. Then shut all the windows and doors and stay inside. In a car, move away from a high location or trees, turn off the engine, put your hands in your lap (so you don't touch anything metallic), and wait out the storm. It's usually safe to come out after there has been no thunder or lightning for thirty minutes.
- Otherwise, seek shelter in a depressed area such as a ditch, or a cave. Crouch with your feet close together and your head down, minimizing your contact with the ground to reduce the chance of being electrocuted.
- To figure out how far you are from the lightning, count the seconds between the flash and the thunderclap. If you count fewer than five seconds, take shelter immediately.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Winter Vehicle Awareness

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with winter vehicle awareness:

- Experience
- Accidents
- Weather
- Location

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Is your vehicle properly maintained for winter conditions?
- What is the weather like? Do you really need to make this trip at this time?
- Drive defensively.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Tire chains perform best in snow and mud. They tend to slip on ice and packed snow. Chains that are improperly installed can damage tires, and create their own hazard.
- Mud and snow tires are less effective on icy roads than tires with commercial tread.
- Anytime there is fresh snow you should suspect that there is ice underneath.
- Bridges and overpasses tend to freeze before the rest of the highway.
- In poor visibility and fog, drivers need to turn on low-beam headlights, even in the daytime.
- Ice or snow on pavement increases stopping distance 3 to 11 times.
- In adverse conditions **SLOW DOWN**. It is easy to underestimate stopping distances in the winter.
- Be aware of carbon monoxide poisoning if vehicle becomes stuck. Keep exhaust clear. Constantly check occupants.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Driving Fatigue

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with driving fatigue:

- Experience
- Ability
- Accidents
- Weather
- Location

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Get plenty of rest before any trip.
- Make time for periodic breaks during the trip.
- Drive with a friend or family member.
- Change drivers to give yourself a break.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- When you feel the need for caffeinated drinks, or other stimulants to stay awake, you are too tired to continue driving.
- Avoid long drives at night. The glare of oncoming lights, plus the steady passing of dashed pavement marking, increases the danger of "highway hypnosis".
- When drowsy, stop in a safe place and take a "cat nap". But do not stop on the shoulder of the road.
- Adjust your car temperature and ventilation so that it is not too comfortable. Keep it cool, turn up the radio volume, and avoid soft, relaxing music.
- Do not use cruise control when you are tired. Keep your body actively involved in the driving.
- Watch your posture. Drive with your head up, shoulders back and legs flexed at about a 45-degree angle.
- Take a break at least every couple of hours, and move around enough to boost your heart rate. It will help improve your alertness.
- Do not let your eyes become fixed straight ahead. Scan the area ahead from side to side, and blink frequently.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break

every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Driving In Fog

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with driving in fog:

- Experience
- Accidents
- Weather
- Location

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Turn on your low beams. It's not only about seeing but being seen as well. High beams can blind oncoming drivers.
- Drive defensively.
- Allow for more distance between vehicles.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- **Slow down gradually**. If you slow down too fast, the driver behind you may not be able to stop in time. And if you do not slow down at all you risk hitting the slower driver ahead of you. Be especially alert for those taillights that will pop up suddenly ahead of you.
- **Try not to tailgate.** It is easy to become mesmerized by the comforting red taillights just ahead of you. But do not follow too closely, because the driver just ahead may need to stop or turn suddenly as something looms up suddenly for him or her, and you will not have the necessary margin of safety you need to avoid a collision.
- **Turn on your low beams**. Your high beams will just be reflected back into your eyes by the water droplets that make up the fog.
- **Roll down your window and turn off the radio.** Listen carefully for the sounds of the traffic around you. Your peripheral vision will improve and you will be better able to see the edge of the road, without the window being in the way.
- **Be conservative**. Avoid tricky maneuvers and unnecessary passing. If the fog is especially thick or the traffic very heavy you should consider pulling off the roadway until visibility improves. Pull off as far as possible (into a driveway or small side-road is best) and put on your emergency flashers.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Hunting and Proper Gun Handling

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with proper gun handling:

- Experience
- Ability
- Accidents
- Weather
- Location
- Equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Don't hunt alone. Ensure someone knows where you are.
- Wear appropriate clothing.
- Always treat weapons as loaded.
- Ensure weapons are properly maintained.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Treat every firearm as if it were loaded.
- Watch your muzzle. Keep your safety on until ready to shoot.
- Know the identifying features of the game you seek.
- Be sure that the barrel and action are clear of obstructions and that your ammunition is of the proper size for the gun you carry.
- Unload guns not in use. Firearms should be carried in cases to the shooting area.
- Avoid all horseplay with a gun. Never point a firearm at anything you do not want to shoot.
- Never climb or jump an object while carrying a loaded firearm. Never pull a gun toward you by the muzzle.
- Never shoot at a flat, hard surface or at water. At target practice, make sure your backstop is adequate.
- Store firearms and ammunition separately, and keep both out of the reach of children or careless adults. Install trigger locks.
- Avoid alcoholic beverages before and during shooting.
- In addition to these rules a hunter must never shoot at a mere sound or a patch of color. Don't fire until you are absolutely sure of what you are shooting at. And do not be too "polite" to remind your companion if you see an unsafe practice. Too many people are accidentally shot by their hunting companion. Do not continue carrying a loaded firearm if you are ill, under stress, or fatigued. Also get permission from landowners when you want to

hunt on their property. Finally, do not carry a damaged firearm. Get it fixed by a professional.

- Attend a hunter safety course.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Holiday Hazards

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with holiday hazards:

- Experience
- Accidents
- Weather
- Location

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Christmas flowers and berries can be poisonous.
- Ensure candles and potpourri are monitored while lit. Don't use these products near flammable items.
- All lighting should be setup using the manufacturers recommended procedures.
- Use fire proof or fire resistant decorations.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Mistletoe berries are extremely poisonous. If anyone eats them, call the poison control center immediately. It is much safer to use fake ornaments.
- Although not highly poisonous, the poinsettia can cause mouth irritation or stomach distress if ingested.
- Jerusalem cherries, which look like cherry tomatoes, are poisonous.
- Needles from Christmas trees are sharp enough to cause irritation and bleeding.
- Tree preservatives are dangerous if swallowed.
- Pieces from artificial trees made of plastic or aluminum can obstruct air passages and interfere with breathing.
- Beware of bubble or Lava Lights, glitter, and angel hair around small children.
- Melted candle wax can cause serious burns.
- Even small amounts of alcohol can cause severe brain damage in a child, so do not leave unfinished drinks out. Items that contain alcohol are similarly dangerous, such as perfumes, colognes, and after-shave products.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break

every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Fireplaces

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with fireplaces:

- Experience
- Accidents
- Weather
- Location
- Equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Know proper lighting procedures.
- Ensure you monitor the fire while lit.
- Ensure you have fire-fighting equipment available.
- Have your chimney cleaned as needed.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Don't use gasoline to start a fire. Use paper, kindling and dry wood.
- Use a screen to keep sparks from popping out of the fire.
- Make sure that floor coverings and furniture are far enough away from the fireplace.
- Make sure your flue is clean and open, and that your damper works. Open the damper before starting a fire.
- Don't use your fireplace as an incinerator for trash.
- Make sure the fire is out before you leave it alone or go to bed.
- Dispose of ashes in a metal bucket or other metal container. Make sure they are cool.
- Install smoke detectors and make sure they work.
- Keep a 5-pound fire extinguisher on hand. It should be rated for ABC fires, and you should know how to use it.
- Don't use water to extinguish a fire. It can crack the bricks in your hearth. Let the fire burn itself out.
- When burning artificial logs, burn only one at a time. They produce too much concentrated heat for some types of fireplaces.
- Have a chimney sweep inspect and clean your chimney at least once a year.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break

every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Snowmobiles

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with snowmobiles:

- Experience
- Accidents
- Weather
- Location
- Equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Ensure you wear proper clothing.
- Ensure your equipment is properly maintained.
- Ride within your ability.
- Be aware of the hazards along the trail.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

Before You Ride

- **Know the law.** Regulations regarding snowmobile registration and use are different in different parts of the country. Some areas also have age restrictions for snowmobile operation. Check with the local law enforcement agencies, dealers and clubs in the area to make sure you're following all the rules.
- **Gear up.** Every time you ride, be sure to wear protective gear in case of an accident, and to keep you warm when you're out in wintry weather. Wear layers of clothing so you can add or remove layers depending on the weather conditions. A safety-certified helmet, warm gloves or mittens, a windproof outer layer and warm boots are your best bet for optimum protection.
- **Think ahead.** Plan for whatever could happen. Carry your owner's manual, an extra belt, extra spark plugs, a towrope, a small tool kit, spare parts, a flashlight, a first-aid kit and a few survival items such as a space blanket, waterproof matches and a compass.
- **Check it out.** Be sure to check that your snowmobile is running properly before hitting the trail. Check your owner's manual and your dealer to make sure that your machine is in top shape before you head out. Follow the recommended service schedule for your snowmobile and be sure to have all repairs made by an authorized service provider.

On the Trail

- **Tread lightly.** Stay safe and legal within the areas you're permitted to ride. And respect nature. Wait for enough snow to cover vegetation so you don't destroy it,

avoid running over trees and shrubs and don't disturb any wildlife that you might come across.

- **Maintain control.** When riding, it is very important to maintain a speed that's right for the conditions and your experience. Be aware of current terrain, visibility and weather conditions. Always be alert, and scan your surroundings for potential hazards or obstacles.
- **Take a friend.** Don't snowmobile alone. It's more fun - and safer - to take a friend along.
- **Take care.** Be careful when crossing roads of any kind. Make sure that you stop completely and that no traffic is approaching from any direction. Remember basic hand signals to indicate to other drivers that you are turning. Be extra careful at night or in low-light conditions. Use your headlight.

- **Beware of water.** The safest rule of thumb when snowmobiling is never to cross over a frozen lake, pond or stream. You run the risk of breaking through the ice, and starting, stopping and turning are more difficult due to less traction. Drowning is a leading cause of snowmobile fatalities, so if you're going to snowmobile on ice, make absolutely sure the ice is safely frozen. Consider buying a buoyant snowmobile suit.

Ride Safe

- **Be sharp.** Alcohol, drugs, cold and fatigue can all impair your ability to reason and make sound judgments. Ride only when your senses are sharp. And do not drink or do drugs then drive.
- **Learn more.** Improve your riding skills by taking a training course before going it alone on your snowmobile. Know the capabilities of your machine and don't push it beyond them. Know your driving abilities and stay within safe limits. Know the area where you're going to be riding - get a map and ask other snowmobilers about the conditions and terrain.
- **Know you're protected.** In addition to operating your snowmobile safely, it is also important to have proper insurance coverage to protect your vehicle, and provide liability coverage in case someone gets injured or property is damaged during the use of your machine.

Step 4: IMPLEMENT CONTROLS: Don’t make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Toy Safety

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with toy safety:

- Experience
- Accidents
- Weather
- Location
- Equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Always buy toys that are appropriate for the child's age group.
- Be aware of small or sharp objects on toys.
- Supervise children when they are playing.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- When shopping for toys, keep the child's age, interests and abilities in mind.
- Read toy or packaging labels for age ranges and safety warnings.
- Be especially careful when choosing toys for children under three. Select toys that are free of small pieces (or pieces that can separate or be broken off), are lightweight, have no sharp edges or points and are non-toxic.
- At home, read instructions for assembly and use. Keep product literature in case of future questions and complete warranty cards.
- Remove and discard all packaging from a toy before giving it to a baby or small child.
- Consider the home environment in which a child will play with a toy and younger children who may be there. A toy intended for an older child may be dangerous in the hands of a younger one.
- Supervise children when they play and set good examples of safe play.
- Remind caregivers, including grandparents, of play-related safety concerns.
- Choose a safe storage place for toys.
- Check toys at least every three months to determine their safety. Make any repairs immediately or throw away damaged toys.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Christmas Tree Safety

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with Christmas tree safety:

- Experience
- Accidents
- Weather
- Location
- Equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- If you use a real tree get a fresh one.
- Ensure you use UL labeled lights and adhere to the manufacturer instructions.
- Don't put candles on trees.
- Use a ladder when working high on trees.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

Christmas Trees

- Try to select a fresh tree by looking for one that is green. The needles of pines and spruces should bend and not break and should be hard to pull off the branches. On fir species, a needle pulled from a fresh tree will snap when bent, much like a fresh carrot. Also, look for a trunk sticky with sap.
- Cut off about two inches of the trunk and put the tree in a sturdy, water-holding stand. Keep the stand filled with water so the tree does not dry out quickly.
- Stand your tree away from fireplaces, radiators and other heat sources. Make sure the tree does not block foot traffic or doorways.
- If you use an artificial tree, choose one that tested and labeled as fire resistant. Artificial trees with built-in electrical systems should have the Underwriters Laboratory (UL) label.

Tree lights

- Only use indoor lights indoors and outdoor lights only outdoors. Look for the UL label. Check lights for broken or cracked sockets, frayed or bare wires, or loose connections. Replace or repair any damaged light sets.
- Also, use no more than three light sets on any one extension cord. Extension cords should be placed against the wall to avoid tripping hazards, but do not run cords under rugs.
- Turn off all lights on trees and decorations when you go to bed or leave the house.

Tree ornaments

- Always use the proper step stool or ladder to reach high places.
- Read labels before you use materials that come in jars, cans and spray cans.
- Never place lighted candles on a tree or near any flammable materials.
- Avoid placing breakable tree ornaments or ones with small, detachable parts on lower branches where small children or pets can reach them.
- Do not hang popcorn chains and candy canes on the tree when small children are present. They may think that other tree ornaments are also edible.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Winter Camping

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with winter camping:

- Experience
- Accidents
- Weather
- Location
- Equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Proper planning can save you lots of trouble.
- Monitor the weather.
- Dress appropriately.
- Don't go alone. Ensure someone knows where you are and when you will return.
- Ensure your equipment is properly maintained.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

Planning A Winter Camping Trip

- When planning a winter camping trip, especially if snow camping, remember that travel will be much slower than in the summer. Reduce your mileage goal by 50% to 60%. Daylight hours are fewer in the winter, which will also limit your time. Normal activities around camp take longer in cold weather.
- Three-sided style shelters can be used comfortably in the winter by hanging a tarp across the open side to block the wind. The result is a roomier and sturdier place to sleep, cook, and pack. Tarps are much lighter to carry than winter tents. These shelters are usually not used much in the winter so finding space is not much of a problem.

Winter Clothing

- When winter camping, dress in layers so you can easily adjust your clothes to regulate body moisture and temperature. Three types of layers are considered normal: a liner layer against your skin (long johns), an insulation layer (fleece), and a water- and wind-proof outer shell.
- In the winter, COTTON KILLS. Cotton loses its insulating qualities when it gets wet, whether from rain or sweat. Cotton also takes a long time to dry out. Wool or synthetic materials are much better suited to winter camping in cold weather conditions.

- Your boots should have waterproof outer shells such as oiled leather or plastic. Even though fabric and leather boots may have Gore-Tex linings, the outer layers will absorb water that will eventually freeze, placing a block of ice next to your foot.

- Protect against heat loss through your head by wearing a toboggan, balaclava, etc. Over half of your body heat can be lost through your head. One saying goes, "If your feet are cold, put on a hat."
- A balaclava helps protect your face and neck from cold and wind. It can also be worn as a toboggan or scarf.
- Do not wear too many pairs of socks. If the blood flow to your feet becomes constricted, your feet will get cold regardless of how many socks you have on. Tightening your bootlaces too tight will constrict the blood flow as well.
- Make sure your gloves, especially liners, are not too tight on your hands. If they are too tight, they can constrict the blood flow and keep your hands from warming up.
- Gaiters will keep snow, rain, etc out of your boots and therefore help keep your feet drier and warmer. Gaiters also add another layer of material around your lower legs to help keep them warm.
- Attach "dummy cords", or security cords to your mittens to prevent losing them in windy or snowy conditions.
- Carry extra gloves or liners to change into if your first pair gets wet. Gloves can be dried out overnight in your sleeping bag.
- Be sure to carry plenty of dry socks. Wet socks can be dried overnight in your sleeping bag. Preferably by placing them close to your body.

Food And Water

- Include plenty of carbohydrates in your diet to provide fuel for hiking and for simply keeping your body warm.
- One-pot meals for supper are the easiest way to cook in the winter. Food should be easy to fix and tasty enough to be appetizing.
- Drink plenty of water, even though you don't think you are thirsty. Dry winter air will dehydrate you quickly without you noticing until it is too late. Water is necessary for your body to generate heat. A good rule of thumb for checking hydration is the color of your urine. Urine will be light colored or clear if you are properly hydrated.
- Keep your water bottles from freezing in your pack by putting them in a wool sock or insulated bottle cover. You can make bottle covers by taping closed cell foam around your bottles.
- Avoid mixing water with something such as Gatorade, lemonade, etc., as this will cause it to freeze at a lower temperature than plain water.

- Water filters are not suited to below freezing weather. Water left in the filter matrix can freeze and split the internal seals, destroying the effectiveness of the filter.
- Chemical water treatments take longer to work in colder water. Give the chemical time to work if you are treating cold water.
- When melting snow for water, put a small amount of water in the pot first to keep from "scorching" the pot before the snow starts to melt.
- Carry a few coffee filters to strain water melted from snow. Snow invariably contains bits of dirt, leaves, bugs etc that you might not want in your drinking water.
- In below-freezing weather, turn your water bottles upside down so that the ice forms at the bottom of the bottle instead of in the opening.

- The extra time needed for cooking and/or melting snow for water will require you to carry more stove fuel than for summer trips.

Winter Shelter

- Three-season tents may not be sturdy enough to handle the high winds and snow buildup that sometimes accompanies winter storms. They may also be too ventilated to provide much shelter from a blowing storm.
- On the other hand, with "mild" winter weather, three-season tents can work fine for winter camping. Check the weather and make your best call.

- Select a tent site that is sheltered from the wind if possible. Hanging a tarp between trees can help block the wind from your tent if needed.
- Try to avoid any vegetation and set your tent up on snow if possible. Snow is the ultimate "No Trace" campsite because all signs of your camp will disappear when the snow melts in the spring.
- Pack down the snow where you want to set up your tent before you set it up. Otherwise your body will melt a deformation into the loose snow. When that deformation refreezes it will make changing your sleeping position quite uncomfortable.
- In windy, exposed campsites on snow, dig a hole 1-2 feet deep in which to set up your tent. This will reduce the amount of wind that blasts into your tent. Digging out a 1-2 feet deep pit under the vestibule area of the tent makes getting in and out of the tent easier.
- Attach 4–6 foot of cord to each of your tent stakeout points so you can use rocks or logs for anchors if the ground is too frozen to drive in stakes or the snow is too soft to hold a stake.
- Regular tent stakes usually don't work very well in snow. Instead you can use snow flukes or special snow stakes or skewers for anchoring your tent.

- When camping on deep snow, you can fill 1-gallon size freezer bags with snow and tie your stakeout cords to them for anchors instead of using stakes.

During The Day

- Adjust your layers of clothing by adding or removing to prevent heat buildup and sweating. Zippers in the armpits of rain shells or fleece jackets work well to vent heat and moisture. Too much moisture in your clothes will make you cold as it evaporates.
- If you stop for a long break or at the end of the day, put on your insulation layers before you cool off too much, otherwise your body will have to work harder just to warm you back up.
- Instead of stopping for a long lunch, snack on food all during the day at short breaks. This will keep you from cooling down too much and having to adjust your layers of clothing too many times.
- Carry a small-insulated thermos-type bottle full of a hot drink or hot soup. If you get cold or just want a warming snack, you will already have something hot prepared.
- Be aware of the signals your body is sending you. Cold fingers or toes indicate you should stop and address the cause of the problem if possible. Bootlaces being too tight can cause cold toes.

- Carry a water bottle on your pack hip belt to make it easier to drink when you get thirsty. Hip belt pouches are also a good place to carry small snacks.

In Camp

- If you know you will be on snow of 2-3 foot depth, carry a snow shovel to aid in fixing a tent space and digging out a kitchen trench. Dig a trench about 2 feet deep and 2 feet wide. Sit on one side of the trench (on a pad), place your feet in the trench, and use the other side as a tabletop.
- Put on dry socks as soon as camp is set up. Socks that are wet from hiking will not keep your feet warm for long.
- To make putting frozen boots on easier the next morning, open them as wide as possible when you take them off at night. That will keep them from freezing in a closed position.
- Insulated booties with closed cell foam insoles will keep your feet warmer around camp than wearing your hiking boots.
- Carry a closed cell foam pad to sit on in camp. Frozen ground or a shelter floor will quickly pull body heat out through your rear end. You can also use your sleeping pad to sit on.
- An insulated coffee mug will keep hot drinks hot much longer than regular cups. Large insulated mugs can also be used for soups, etc at mealtime.

- Keep plenty of hot drinks available as you sit around camp in the evening. The extra fluids are helpful and the heat is welcome. Limit alcohol intake as alcohol thins your blood and inhibits the body's ability to warm itself.
- Avoid caffeinated drinks before going to bed. They may keep you awake and will tend to send you to the bathroom in the middle of the night.
- Snack before you go to bed so that your body will have enough fuel to generate heat during the long winter night.
- Exercise for a few minutes before getting in your sleeping bag. This will warm up your body and make it easier to warm up a cold sleeping bag.

At Night

- Increase the comfort range of your sleeping bag by putting it inside of a bivy sack. Other options include cloth liners, vapor barrier liners or space blanket bags, and doubling up bags. Vapor barrier liners should only be used in temperatures well below freezing. Doubling up bags should only be done if you still have enough room to be comfortable in the bag.
- Always use a pad under your sleeping bag in the winter. Many people suggest two pads. Insulating yourself from the ground is more important than insulating yourself from the cold air.
- Sleep with a stocking cap or toboggan or balaclava on your head to help hold in your body heat. Cinching up your sleeping bag so that only your eyes, nose, and mouth are exposed is another way to hold in heat.

- Don't breathe inside your sleeping bag at night. Breathe through a stocking cap or bandana instead. Moisture from your breath will wet your sleeping bag and reduce its insulating ability.
- Putting a bottle of warm water in the foot of your sleeping bag will help keep your feet warm during the night. Don't forget to seal it well.
- Putting a bottle of warm water in your boots will help keep them from freezing overnight. It helps if the boots are then put in a stuff sack instead of being left out in the open. You can also put the boots in a sack and place them between your sleeping bag and the pad underneath.
- Do not attempt to dry large articles of clothing such as pants or a sweater in your sleeping bag overnight. Too much moisture in your sleeping bag will wet the bag insulation and make you cold.
- Vent your tent as much as possible at night to reduce condensation on the inside of the tent walls. The few degrees of warmth trapped by a sealed up tent are not worth the trouble of wet clothes, sleeping bag, etc that result from the condensation.
- Put sealed water bottles in your sleeping bag to keep them from freezing at night. You can also put them beside your sleeping bag, away from the tent wall, to keep them from freezing.

In The Morning

- Stay warm longer in the morning by staying in the sleeping bag as long as possible while cooking breakfast, packing, etc. Don't use a stove in a tent as this presents a CO hazard.

- Warm up socks, clothes, etc before putting them on in the morning by pulling them into your sleeping bag a few minutes before you get out of the bag.
- To prevent your feet from getting cold when you put on cold boots in the morning, remove the insoles and warm them up in your sleeping bag or inside your coat before putting your boots on.
- Remove part of your insulation layer before starting to hike so that you don't overheat. Hiking will produce heat that you don't have while standing in camp, so you may feel cold after removing the insulation layer and before you start hiking. You will warm up as soon as you start hiking.

Miscellaneous

- Arrange items in your pack, etc where they can be easily found. Items such as snack foods, water, extra gloves, or a headlamp / flashlight should be easy to get out when needed.
- Stay organized. Know where each item of your gear is stored in your pack. This will enable you find the items you need quickly and prevent you from unpacking everything to find one small item.
- If your water bottles don't have loops on the caps, tie a loop of cord around the bottleneck to make carrying them back from a spring or creek easier and warmer.
- Tie loops of cord to all of the zipper pulls on your pack and jacket so that you can operate them with gloves or mittens or cold fingers.
- Chemical heat packs can be used to warm feet and hands if necessary. Most types usually last several hours.

- Store extra batteries in your sleeping bag or close to your body to keep them warm. Cold will reduce the life of the batteries significantly.
- Keep cameras and film as warm as possible. Frozen film becomes stiff and brittle. A frozen camera will not work properly and may result in torn film. If you keep it inside your clothing, put it in a plastic bag to prevent moisture from wetting the camera.
- Instep crampons are helpful if you will be walking over a lot of ice or hard packed snow. They will keep your feet from slipping.
- Walking sticks or a ski pole is another way to help you keep your balance on icy or snowy trails.
- If you do slip while hiking with a full pack, try to land on your back so the pack will take the brunt of the fall instead of your rear end.
- Do not touch metal objects with bare skin.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Ice Hockey

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with ice hockey:

- Ability
- Experience
- Accidents
- Weather
- Location
- Equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Play within your ability and experience.
- Be aware of the dangers involved.
- Ensure proper safety gear is available, maintained and used.
- Avoid horseplay.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- The most common types of injuries are sprains and contusions (bruises) to the thigh, knee, and ankle. Lower extremity injuries account for about one-third of the injuries in ice hockey. A high rate of facial lacerations and head injuries (including concussions) is also associated with this sport. Cases of paralysis and death resulting from head and spinal cord injuries have been reported, but these catastrophic injuries are rare.
- Body checking is the most commonly reported cause of injury and is associated with the more severe injuries. Many of the players injured by body checking collide with goal posts and the boards. Contact between opponents, usually in the form of body checking, is associated with 46 percent of all minor injuries and 75 percent of major injuries.
- Safety gear and changes in the rules of play have significantly reduced both the number and severity of injuries related to ice hockey. Many head injuries have been prevented by the use of helmets and the elimination of body checking. A reduction in eye injuries has occurred through the addition of full-face guards on helmets and the stricter enforcement of penalties for "high sticking." Neck guards have reduced the number of both soft tissue and spinal injuries. Currently, most youth leagues and some high school leagues require these safety measures. Other leagues recommend these measures, but are lax on enforcement. A much greater reduction in injuries could be achieved if all amateur–and professional–leagues mandated these safety practices.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!

Football

Step 1: IDENTIFY HAZARDS: Let's look at the hazards associated with football:

- Ability
- Experience
- Accidents
- Weather
- Location
- Equipment

Step 2: ASSESS HAZARDS: Assess the impact of each hazard in terms of potential loss and severity:

- Play within your ability and experience.
- Be aware of the dangers involved.
- Ensure proper safety gear is available, maintained and used.
- Avoid horseplay.

Step 3: DEVELOP CONTROLS & MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

In order to help prevent injuries on the gridiron, appropriate protective equipment is the best place to start. Necessary equipment includes:

- Helmets
- Shoulder pads, hip pads, tail pads and knee pads
- Pants (one piece or shell)
- Thigh guards
- Athletic supporter
- Mouth guard with keeper strap. Mouth guards do more than protect teeth. They protect lips, cheeks and the tongue from being cut or bruised. They also reduce the chances of jawbone fractures by absorbing the energy of blows to the face.
- Shoes – Players can wear sneakers or non-detachable, rubber-cleated shoes. Detachable cleats of a soft composition also are allowed in some leagues. Check with your coach about the type of shoes allowed in your league.
- If eyeglasses must be worn, they should be approved glasses with non-shattering safety glass. Contact lenses can be worn alternatively.

Make sure equipment is age- and size-appropriate and in good condition. In addition to the proper equipment, general injury prevention guidelines also need to be followed. Take the following steps to ensure player safety.

- Get a physical before each season.
- Players should be in proper physical condition to play football. They should train and participate in conditioning practices before each season.
- Make sure the head coach has the appropriate qualifications.

- Make sure the coach is aware of any medical conditions your child may have.
- Ensure that there is a person certified in CPR and first aid present for all games and practices.
- Teach players the rules of the sport.
- Encourage players to let the coach know when they are hurt.
- Warm up before playing and cool down afterwards to prevent muscle pulls and tendon ruptures.
- Drink enough water or sport drink before, during and after all games and practices.

Step 4: IMPLEMENT CONTROLS: Don't make dumb decisions. Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 5: SUPERVISE & EVALUATE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. We deserve a break every now and then. Use the Composite Risk Management process to make your experience fun, memorable, and safe. No one wants any activity to turn into a tragedy!