

Winter Activities for Your Family

Don't hibernate this winter – active living is alive and well all year round. Snow and cold weather provide opportunities for a wide range of fun and inexpensive activities for everyone. With proper clothing, outdoor activities can be very enjoyable.

Try adapting popular summer activities into winter activities. Need some ideas?

- * Ice soccer is like soccer, only played in the snow
- * Snow pitch is like baseball
- * Snow volleyball
- * Ice bowling – freeze water-filled plastic milk jugs or pop bottles and use them as bowling pins
- * Use your creativity and build a huge snowman or ice sculpture
- * Take a walk and enjoy nature

Tips for safe winter fun:

- * Wear layers to stay safe from the cold. Layers of loose fitting clothing trap air and provide good insulation. A hat, scarf and warm mitts or gloves will keep extremities warm.
- * Wear bright coloured clothing when outdoors so you are visible to traffic during the day. At night, wearing reflective material or products will increase safety.
- * Be aware that winter weather and clothing can distort sounds. Play in a safe area.
- * Do not let your child play in snow banks by roads. Snowplows may not be able to see your child.
- * Inner tubes, plastic discs and other makeshift sliders are not recommended, as they are not safe and may lead to injury.
- * Wear a CSA approved helmet when tobogganing, skiing, snowboarding, skating or playing impact sports.
- * White spots on your cheeks, feet or hands could be frostbite. Come in from the cold immediately.

When walking:

- * Walk on the sidewalk. If that is not possible, walk so that you are facing the traffic and stay near the curb.
- * Bend your knees a little and take slower steps. This can prevent falls.
- * Be sure to wear sunscreen and sunglasses.
- * Don't forget to drink water to stay hydrated.

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