

SASKATCHEWAN WINTERS are a wonderful time for children to be

active and experience
CREATIVE OUTDOOR PLAY.

Winter can be long and cold. Winter can also be a lot of fun, with activities like skating, sledding, and playing in the snow. It is important to understand how to keep children safe during these activities.



Safety precautions can be taken to help children play outside safely in Saskatchewan winters.

- 1** Dress your child in layers of warm, dry clothing when outdoors in cold temperatures.
- 2** Remove strings and cords from children's clothing and use neck warmers instead of scarves.
- 3** If your child's clothes get wet, change them into dry clothing as soon as you can.
- 4** Provide young children with constant supervision while they are outside. Check on older children often; teach them to use the buddy system and to never play in the snow alone.
- 5** Check the thickness of ice before going on frozen ponds or lakes. Ice must be at least 15 cm (6 in.) thick or 20 cm (8 in.) if there is a large group skating.
- 6** Do not buckle your child into their car seat with a winter jacket on. Use a coat or blanket over top of the harness to keep them warm.

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