



## Preventing Winter Injuries

1. Dress for the weather
2. Use proper gear & a helmet when doing something fast
3. Take a buddy with you
4. Always ask permission from an adult

Scan the code below to learn more about winter safety and the Chill Out program.



## **A program rooted in tragedy.**

Just as any parent, I love my children deeply, which includes an innate desire to keep them safe. When I lost my eight-year-old daughter to a downhill sledding accident, I was faced with a choice to question what knowledge I was lacking or to allow more children to fall victim to dangers we are unaware of. I decided to dedicate my time to an idea that had yet to be pursued: a winter safety program. I challenge you to also make a choice to change your perspective on winter safety.

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Presented by

