

# AOSC

## LIDS ON KIDS - HELMET SAFETY



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### **DID YOU KNOW?**

**A helmet is an important safety consideration.**

**Use your head.**

**Educate yourself about helmet use.**



**There is no substitute for responsible behavior on the slopes. Follow the "Your Responsibility Code," and consider wearing a helmet. It's a smart idea.**

For more information, go to [www.lidsonkids.org](http://www.lidsonkids.org) or visit a ski area's retail shop.



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*The National Ski Areas Association recommends that parents, skiers and snowboarders educate themselves about the benefits and limitations of helmets and make informed choices for themselves and their children. Remember, each skier's or snowboarder's behavior has as much or more to do with their safety as does any piece of safety equipment. Always ski and ride responsibly.*



### KNOWLEDGE FOR YOUR NOGGIN

● ***Will I be safer wearing a helmet?***

Snowsports helmets can make a difference in reducing or preventing head injuries and a lot of skiers and snowboarders today are choosing to wear them. However, helmets do have limits and users need to be aware of them.

● ***Why are helmets becoming so popular?***

In addition to offering an added degree of protection, snowsports helmets are now designed to be lightweight, comfortable, warm and fashionable.

● ***Are there helmets specifically designed for snowsports?***

Yes, snowsports helmets are insulated for cold weather and provide better coverage and impact protection than other sport helmets such as bicycle helmets. Be sure the helmet you choose meets the current snowsports helmet design standards.

● ***What are some tips to assist me if I decide to buy a helmet?***

The most important consideration is fit. A properly fitted helmet should be snug and not obscure vision or hearing. Your local ski shop can help you identify the best brand for your head shape and confirm a proper fit.

● ***Where can I get more information about helmets?***

Call or visit your local ski and snowboard shop or visit a helmet manufacturer's website or go to [www.lidsonkids.org](http://www.lidsonkids.org).

**Use your head. Think safety first and always ski or ride under control and follow the "Your Responsibility Code."**

**"Your Responsibility Code"**

- 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.**

This is a partial list. Be safety conscious.

Officially endorsed by: NATIONAL SKI AREAS ASSOCIATION.

