



Summary: Extreme weather conditions, cold temperatures and unique hazards associated with outdoor winter activities require careful planning to ensure safety. Keeping warm is the most important part of cold-weather camping and outdoor activity.

### Key Information:

- Activities should be supervised by mature and conscientious adults.
- Participants should be aware of the potential dangers of any winter sport, and leaders should stress incident prevention by stressing proper technique.
- Winter sports are more physically demanding. Leaders and youth should be physically fit and capable to participate.
- Be sure equipment fits each person properly.
- During sledding, make sure the hill is safe and free of obstacles. Keep sledding paths and participant return paths separate from each other.
- Talk about and gain support for the basic rules for the activity ... before it begins.
- Help participants understand the need for using appropriate personal protective equipment such as helmets for sledding, snowboarding, skiing, and snowmobiles. Be sure you are following local and federal regulations regarding the operating age or training for snowmobile use.



### Additional resources

[www.scouting.org/HealthandSafety](http://www.scouting.org/HealthandSafety)

[www.scouting.org/HealthandSafety/GSS/gss12.aspx](http://www.scouting.org/HealthandSafety/GSS/gss12.aspx)