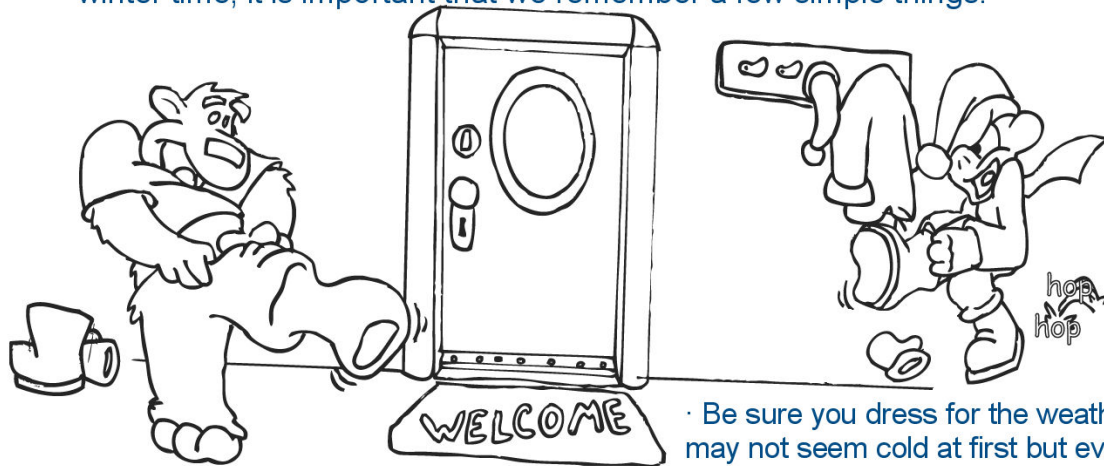


# Winter

## Safety Rules

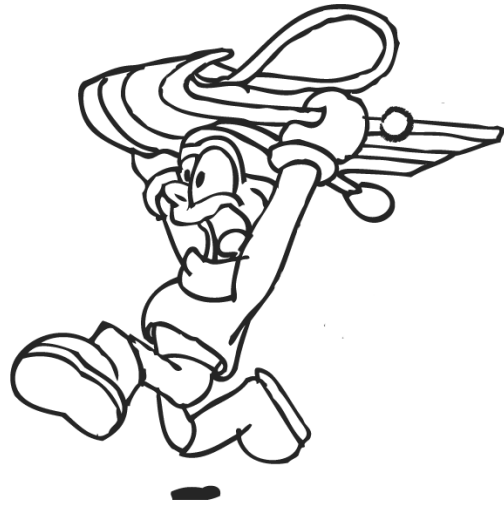
Winter is a magical time. Jack Frost leaving his pictures on the windows, snow flakes falling faster than you can catch them and the opportunity to explore in a beautiful winter wonderland. Winter is the time to skate on outdoor ponds and rinks, toboggan, ski and build snow forts. To ensure that we all stay safe in the winter time, it is important that we remember a few simple things.



- Always play outside with a buddy and ensure an adult knows where you are. In the winter time with the ground covered in snow, it is very easy to become disorientated.

- Be sure you dress for the weather. It may not seem cold at first but even a short time in the cold can result in frost-bite. Keep your head and ears covered. Dress in layers so if you are busy running around outside, you can remove layers when you begin to get hot.

· When choosing where to play, stay away from roadways, fence lines, and water. It can be difficult to see you in the winter. Snowplows, snow blowers and the large equipment used to clear snow may have a difficult time seeing you in the winter time and, due to the weather conditions, you might slip onto the road.



· Wear mitts instead of gloves. In gloves, your fingers are separate and will get colder faster. Mitts allow you to bring your fingers together to keep them warm.



· Don't build tunnels into the snow. Although this looks like lots of fun, the tunnels could fall in and suffocate you. Instead, dig an open hole into the snow and cover with wood to make a snow fort.

· In winter, metal is very cold and will freeze to your skin. Never touch any exposed skin, including your face, lips and tongue to metal.

Winter is a great time to play outside and explore the winter wonderland. Just be sure that you follow a few winter safety rules to ensure this winter is full of fun and friendship!

This article was written by Tory White, Diversity Adviser for the Alberta Council of the Girl Guides of Canada.