



## FAMILY SAFETY & THE LAW



### Kids & Winter Sports

#### *Important Safety Tips to Avoid Injury*

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Managing Partner

Millions of children ski, snowboard, and sled each year. These cold weather activities, while fun, can also result in injuries. In fact, the majority of sledding-related injuries are among children 5-14 years old. By following these safety steps you can help reduce the risk of injury.

- Adults should supervise children while they are sledding.
- Sled only in designated areas free trees, posts, and fences.
- Do not sled on slopes that end in a street, drop-off, parking lot, river, or pond.
- Sledders should sit in a forward-facing position, steering with their feet or a rope tied to the handles of the sled. Never sled headfirst down a slope.

- Use a sled with runners and steering mechanism. This is safer than toboggans or snow disks.
- Wear sport-specific, warm and properly fitting safety gear. Make sure that long scarves are tucked in so they don't get entangled in lifts, ski poles or other equipment.
- Kids should always wear activity-related helmets when they ski, sled, snowboard and play ice hockey.
- Kids – or caregivers – who become distracted or irritable, or begin to hyperventilate, may be suffering from hypothermia or altitude sickness and should go indoors to warm up and rest.
- Children under 6 should not ride a snowmobile and nobody under 16 should drive one.

#### **Commit to Quit: Don't Text and Drive**

Andrew Finkelstein is Managing Partner of Finkelstein & Partners Personal Injury Attorneys. The firm has a "Commit to Quit Don't Text and Drive" program and encourages you and your teen driver to take the pledge not to text and drive.

**Finkelstein & Partners**<sup>LLP</sup>  
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