



Ski Helmets

Helmets for Snow Sports

Did you know the risk of head injury from skiing or snowboarding is higher for children than for any other age group? These injuries can be devastating. When skiers and snowboarders wear helmets they reduce their risk of head injuries by nearly half. Preparing to be safe can make snow sports a fun, life-long activity for your family. Start children early wearing ski helmets and learning ski safety. Make a rule: no helmet, no skiing.

Helmet Fitting:

Proper fit is a must. If you can, have a sales person help you choose and fit a helmet.

- Choose a certified helmet made just for snow sports. Look for ASTM F2040, Snell RS-98 or CEN 1077 standards.
- The pads should be flush against your child's cheeks and forehead.
- The back of the helmet should not touch the nape of the neck.
- The helmet should be snug with the chinstrap fastened, fit above the eyebrows and not roll forwards or backwards.

Lastly, ensure that ski goggles fit well on your child's face while wearing the helmet.

Before You Head Out:

- Get the right equipment. Adjust items such as bindings and boots to fit well.
- Get the proper training or take lessons.
- Avoid loose clothing or cords that can become caught in lifts, towropes and ski poles.

How well you see while skiing or snowboarding also affects your risk of injury or crashing. If your child wears glasses or contacts for everyday use make sure to use them while on the ski slopes. Use yellow or red colored filters for goggles when the light is flat.

Safety on the Slopes:

No helmet can protect against all types of impacts and injuries. Wearing a helmet is not a license for your child to ski faster. Talk about skiing safety rules with your child:

- Never ski or snowboard alone. Make sure someone is there to help you if you get hurt.
- Ski and snowboard in control and follow the rules of the slopes.
- Make sure landing areas are clear prior to jumping.

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Seattle, Washington

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Safety on the Slopes, continued

- Don't stop in the middle of a ski run or beyond the crest of a hill. Show extra caution where trails meet.
- Safe places to ski are in bounds and away from trees. Out of bound areas are higher risk and may have cliffs and avalanches.

For More Information

- Your health care provider
- Children's Resource Line:
(206) 987-2500 or 1-866-987-2500
toll-free Washington, Alaska, Montana, Idaho
- www.seattlechildrens.org
- For information on snow sport helmets go to the Bicycle Helmet Safety Institute at www.bhsi.org.
- www.lidsonkids.org
- www.skihelmets.com for helmet fitting.

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health care provider.

Children's

Hospital & Regional Medical Center

4800 Sand Point Way N.E.

Seattle, Washington 98105-0371

206-987-2000 (Voice)

206-987-2280 (TTY)

866-987-2000 (Toll-free/Voice)

www.seattlechildrens.org