

# Safety Week

January 18–24, 2015



It starts with Scouts.

## Day 7 Winter Safety

Winter provides Canadians with the opportunity for all kinds of amazing seasonal adventures and activities: sliding, skating, skiing, snowshoeing, snowboarding, building quinzhees and igloos, ice fishing, winter camping... These are all great fun, but the cold can make enjoying these activities a bit of a challenge. More than any other season, we need to think ahead when we head outside in the winter. With a little preparation, we can stay safe and make the most of the season!

### BEAVER SCOUTS

#### Tips to share:

- Think onion—dress in layers. If you can take off your sweater and put it in your backpack if you get too hot. And if you get cold, you can put your sweater back on. That's a lot better than leaving it at home, isn't it?
- Avoid leaving skin exposed, especially in severe cold. Wear a scarf over your nose and cheeks, and pull your hat down right over your earlobes to avoid frostbite.
- Use the buddy system. A buddy can help you out if you're stuck in deep snow, and in an emergency you can huddle for warmth.

#### Scouters' Tip:

Make sure the Beavers in your Colony wear helmets when you go tobogganing.

#### Program Ideas and Resources:

- Find a safe hill for tobogganing. Many communities will have designated hills that are clear of rocks and other hazards.  
[www.calgary.ca/CSPS/Parks/Pages/Locations/Tobogganing-and-sledding.aspx](http://www.calgary.ca/CSPS/Parks/Pages/Locations/Tobogganing-and-sledding.aspx)



### CUB SCOUTS

#### Tips to share:

- Be sure to eat plenty on winter outings. Your body is burning more calories than usual, just to keep warm. Keep that furnace fueled!
- Wear sunscreen. The sun can still burn you in the winter, even if you don't feel very hot.
- Avoid wearing cotton. Wool or synthetic clothing (like polyester and polypropylene) will keep you warmer than cotton, because these fibres don't absorb as much water. Water freezes in the winter—and if it doesn't, it's because your body is using valuable energy to keep your wet socks from icing up on your feet.

#### Scouters' Tip:

Tell your Cubs not to play in snowbanks. Ploughs are a serious hazard to kids playing on roadsides. Make sure the Cubs understand that it's very hard to hear anything from inside a snow cave.

#### Program Ideas and Resources:

- Practise lighting fires in the snow on outings. Getting a good campfire established in the winter is more difficult than in the summer; Cubs can learn a few tricks (like preparing a good base) to help get a fire lit in an emergency. [nordicbushcraft.outdr.com/to-light-a-fire-on-snow/](http://nordicbushcraft.outdr.com/to-light-a-fire-on-snow/)



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## SCOUTS

### Tips to share:

- Be sure to pack a few essentials on any winter day outing. Be prepared for an unexpected turn of events with a first aid kit, extra food and water, and matches.
- Wear sunglasses. The sun can glare off the snow the same way it will off of open water in the summer. This can hurt your eyes, and cause nausea and headaches.
- Stay hydrated. In the cold air you're less likely to want to drink to cool down, but your body is still losing water (consider the lost water content in every cloudy breath you see in the winter). It's important to replace this lost water.

### Scouters' Tip:

Wear a helmet when downhill skiing or snowboarding. Encourage the Scouts in your Troop to do the same.

### Program Ideas and Resources:

- Practise building a quinzee on an outing. This can be a skill that may save a Scout's life someday in an emergency. [www.boyslife.org/outdoors/outdoorarticles/2992/how-to-build-a-quinzee-snow-shelter/](http://www.boyslife.org/outdoors/outdoorarticles/2992/how-to-build-a-quinzee-snow-shelter/)



## VENTURER SCOUTS

### Tips to share:

- Always check the weather forecast before heading out in the winter. Be prepared for the conditions, and be open to rescheduling a planned outing if the weather is dangerously cold or stormy.
- Always check ice thickness before heading out from shore.
- Keep your compass near your body so that it doesn't freeze.

### Scouters' Tip:

Cold air can drain a battery. Don't rely on electronics on a winter outing. Keep your cell phone close to your body to preserve its battery life.

### Program Ideas and Resources:

- Know what ice thickness is safe for particular activities: [www.adventuresmart.ca/water/icesafety.htm](http://www.adventuresmart.ca/water/icesafety.htm)



## ROVER SCOUTS

### Tips to share:

- Don't drive in snowy or icy conditions if you don't have to.
- Always wear a helmet when snowmobiling.
- When snowmobiling, be prepared for an emergency. Bring along some spare parts (like spark plugs and a belt), extra fuel, snowshoes, an emergency kit and a cell phone.

### Scouters' Tip:

Always stay dry when winter camping. Standing near a fire while the snow falls will keep you warm while you're by the fire, but you'll be wet and cold from melted snow when you move away.

### Program Ideas and Resources:

- Practise building an igloo for fun on a winter outing. This skill could save a life in a real emergency. [www.youtube.com/watch?v=1aSL9La5ivo](http://www.youtube.com/watch?v=1aSL9La5ivo)
- Know what to pack when snowmobiling: [www.adventuresmart.ca/snow/snowmobile.htm](http://www.adventuresmart.ca/snow/snowmobile.htm)

