

TIPS FOR SAFE WINTER LEARNING

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ADDRESSING FEARS... WHAT ARE YOURS?

Commonly heard include:

- It's too cold for my child to play outside
- It's too cold for me to be outside
- What about the wind?
- What if I get lost?
- What if I get wet?
- What if I get cold?
- Frostbite
- Hypothermia

FIRST THINGS FIRST

- Location
 - Plan for specifics, weather
 - If you're hiking bring more water than usually because cold air = dry air
- Layers
 - Wool, fleece & synthetics are ideal
 - Skin, warmth, outer
- Littles
 - Attitude
 - Fun
 - Breaks



dress



skirt



pants



jeans



jacket



coat



cap



hat



shirt



shorts



t-shirt



pajamas



sweater



apron



slippers



mittens



shoes



socks



gloves



swimsuit



scarf



belt



kerchief



boots

ADDRESSING OUR FEARS

- What does Frostbite look like?
- Superficial
 - White, yellowish skin, waxy, soft to touch
 - Pain, tingling, burning
 - Skin is frozen
- Severe / Deep
 - No feeling at all, firm to touch
 - Skin & tissue is frozen
- Treatment?



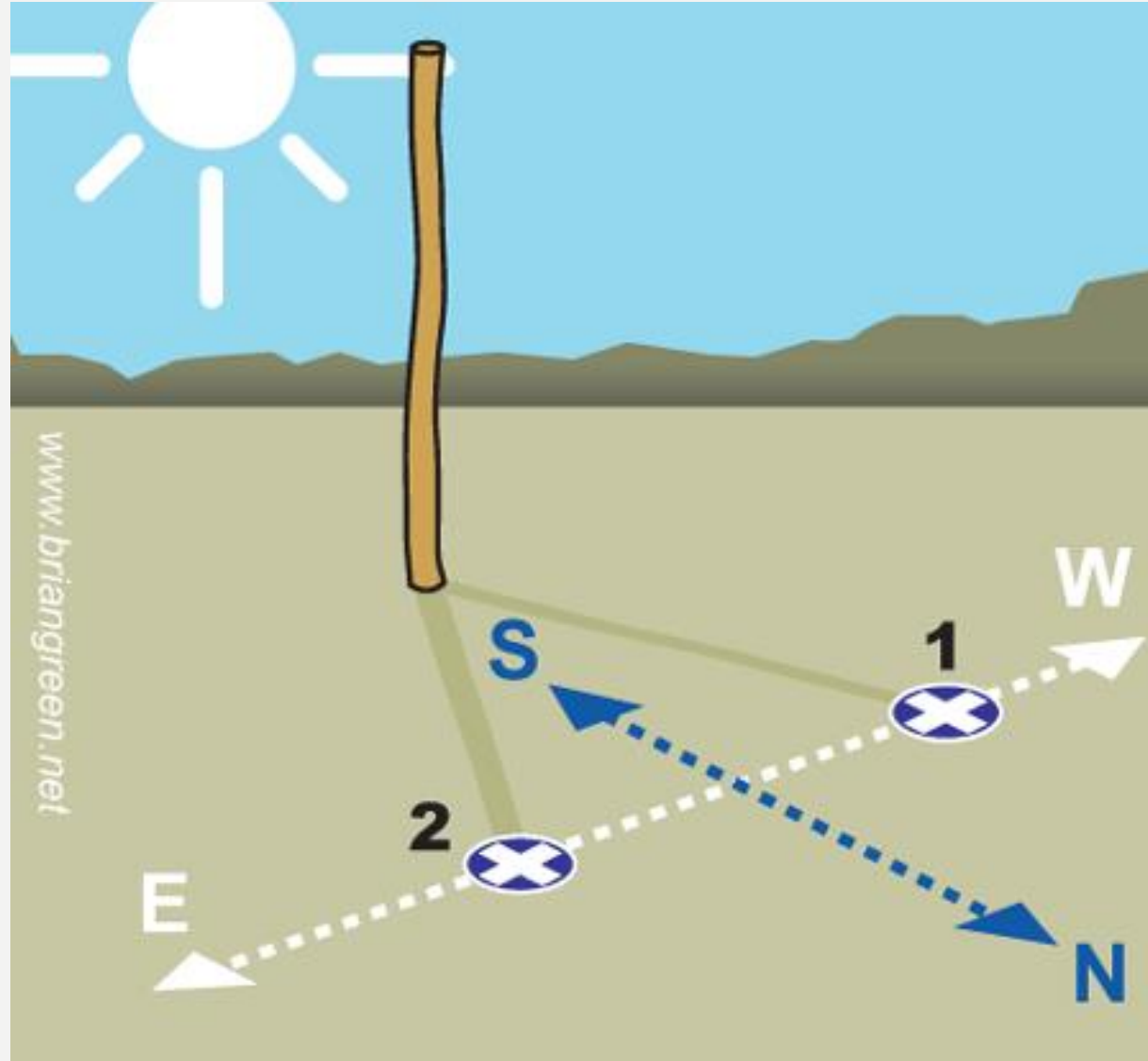
HYPOTHERMIA FACTS

- Can happen in any temperature that is 'chilly'
- Usually slower pulse; relative
- Shiver, stumbling, confused... sound familiar?
- Head to Toes, dry and warm
- Block the wind

WINDCHILL FACTS & MYTHS

- We all feel cold at the same time, temperature and activity level.
 - False, example?
- Taking shelter from the wind can reduce or even eliminate the wind chill factor.
 - True! Examples?
- Different websites give different information.
 - True! What do you use?
- When one person is cold we all have to go inside.
 - Talk about it

ORIENTEERING IN ALL WEATHER



KEEP FIT & HAVE FUN

Watch Hal & Jo
Monday, Wednesday & Friday

Body Break web-site

BodyBreak Hal and Joanne

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HOME VIDEOS PLAYLISTS COMMUNITY CHANNELS ABOUT

BodyBreak Hal & Joanne - Keep Fit & Hav...
5,460 views · 10 months ago

Welcome to BODYBREAK Keep Fit & Have Fun...

Our Story!

We met...where else? In the gym.

Ours was a chance meeting over a pec deck machine, the kind
READ MORE

THANK YOU!

QUESTIONS? REACH OUT TO ME AT: KRISTIFITZ@HOTMAIL.COM

[HTTPS://WWW.REI.COM/LEARN/EXPERT-ADVICE/HOW-TO-DRESS-YOUR-KIDS-FOR-THE-OUTDOORS.HTML](https://www.rei.com/learn/expert-advice/how-to-dress-your-kids-for-the-outdoors.html)