

USE YOUR HEAD

WEAR A HELMET

Why is Skiing/Snowboarding without a helmet dangerous?



Average speed 30 43 km/h

Most head injuries occur when skiers collide with objects like trees, packed snow or other people. Intermediate skiers on well groomed slopes travel at an average speed of 30-43 km/h. An impact with an object at these speeds causes concussion, contusions and in the worse case scenario - death.

SKI HELMET DAY

Skiing & Helmet Safety

JANUARY 6, 2018, SATURDAY, 10:00AM-2:00PM
OTIS RIDGE, ROUTE 23, OTIS

Get your current helmet checked for proper fit or get fitted for a new one!

Ski Helmets (suggested donation \$20, limited quantities!)

Questions? Contact the Rec Center 413/269-4541 or otisrec@verizon.net
www.noticeotis.com

SPONSORED BY

Otis Recreation Commission, Boston Children's Injury Prevention Program and Safe Kids MA

Special thanks to Otis Ridge!

**SAFE
KIDS**
MASSACHUSETTS