

USE YOUR HEAD

WEAR A HELMET

Average speed 30 43 km/h



Why is Skiing/Snowboarding without a helmet dangerous?

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

Last one of the season!

FEBRUARY 24, 2018, SATURDAY, 10:00AM-2:00PM
OTIS RIDGE, ROUTE 23, OTIS

Last one of the season!

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

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

Special thanks to Otis Ridge!

