

## Snowmobile & Ice Safety



This newsletter is published by the Acquired Brain Injury (ABI) Education & Prevention Coordinator from Saskatchewan North ABI Services.

Snowmobiling is a fun activity that challenges the body and mind. It can be risky for those riding without safety in mind.

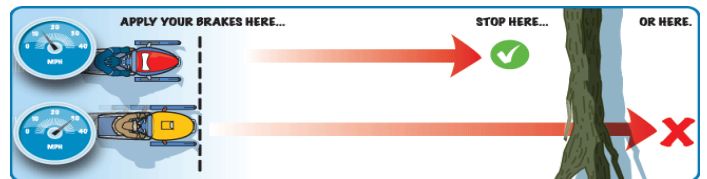
### When you go out riding...

- Let family/friends know your planned route, destination & your expected arrival time.
- Check the weather conditions
- Inspect the machine to make sure everything is working properly
- Wear appropriate clothing to prevent hypothermia including gloves, boots, helmet & visor.
- Wear a certified snowmobile helmet
- Carry a first aid kit and/or a survival kit & a cell phone with you.
- Get Trained—riders ages 12 & up can take the snowmobile safety course. Contact the Saskatchewan Snowmobile Association at 1-866-499-7669 or [www.sasksnow.com](http://www.sasksnow.com) for course details.

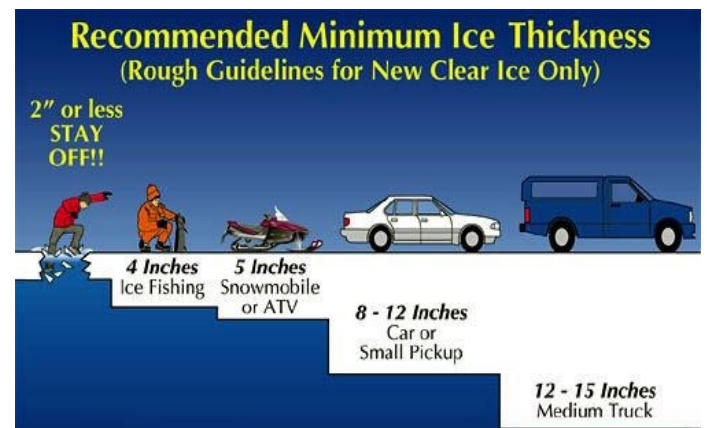


### When you are Riding Please Remember:

- Drinking /Drugs and Riding do not mix
- Cross safely at all crossings
- Do not ride alone
- Respect the environment & personal property
- Slow Down—ensure you have time to stop



- Check ice conditions before crossing any bodies of water. Ice should be at least 12cm /5 inches thick to cross with a Snowmobile or an ATV.



**Resources:** Snowmobiling Fact Book—[www.snowmobiling.org](http://www.snowmobiling.org)  
Saskatchewan Snowmobile Association—[www.sasksnow.com](http://www.sasksnow.com)

We are always on the lookout to connect with communities interested in injury prevention. Please email [jennie.knudsen@saskhealthauthority.ca](mailto:jennie.knudsen@saskhealthauthority.ca) for more information. We want to hear from you!