

ATV AND SNOWMOBILING

SBIA supports responsible riding and encourages you to stay safe when hitting the trails.

In 2013, Saskatchewan reported 8 ATV related fatalities as well as 47 people injured in ATV crashes. Brain injuries are the most common injury resulting from ATV accidents.

Brain Injury is the number one cause of death in snowmobile injuries. The leading cause of these injuries is when snowmobilers collide, fall or overturn while riding.



TIPS:

- Enroll in an ATV or snowmobile safety course
- Wear an appropriate, fitted helmet
- Always carry an emergency kit and get first aid training
- Know your skill level
- Children under 16 should not operate an ATV or snowmobile
- Never ride under the influence of drugs or alcohol
- Use the buddy system

RESPECT the UNEXPECTED!

SKIING AND SNOWBOARDING

Winter sports are a great way to play in the cold!

Hundreds of preventable head injuries are reported each year on Canadian ski, snowboard and toboggan hills. Together, skiing and snowboarding are the second-leading cause for hospitalizations in the winter months. Brain injuries account for the majority of deaths, injuries, and disabilities. At least 50% of brain injuries among children could be reduced by wearing a helmet.

Helmets can reduce the risk of a serious brain injury. Helmets used for skiing and snowboarding are associated with a 60% reduction in brain injuries.

WHAT YOU CAN DO:

- Own and wear a fitted helmet approved for winter sports
- Wear proper safety equipment
- If you need corrective lenses, wear them on the slopes or trails
- Ensure you are wearing goggles or sunglasses that reduce glare and block out UVA/UVB rays
- Know the rules of the hill - Proper training is important.
- Always scan the horizon - Watch for obstacles, jumps, barriers, trees and other skiers

AVOID:

- Hills that are out of your skill level
- Unmarked or closed trails
- Areas with obstacles, such as trees



A CONCUSSION IS A BRAIN INJURY

You only have one brain, so protect it when you play!

In North America, more than 750,000 brain injuries like concussions are reported annually.

Sometimes players downplay or deny their symptoms to avoid being pulled out of the game. If a player returns to play and suffers further head trauma, the resulting brain injury can be severe, even fatal. It's important for coaches and parents to know a player's personality and the symptoms of a concussion. Knowing the signs can help prevent further brain injury.

A CONCUSSION is a BRAIN INJURY!

LEARNING THE SIGNS OF A CONCUSSION:

- Headache
- Difficulty concentrating
- Dizziness
- Nausea
- Reduced reaction times
- Irritability
- Changes in sleep patterns
- Difficulty with bright lights and/or sounds

If you suspect you or someone you know may have a concussion, seek medical attention immediately. No player should return to play until cleared by a physician trained in brain injury.

TAKE BRAIN INJURY OUT OF PLAY



Saskatchewan
Brain Injury
Association

Phone: 1-888-373-1555

info_sbiam@ Sasktel.net

Website: www.sbiam.ca



SWIMMING AND BOATING

Water sports beat the heat of summer! By taking proper precautions, you can play safe!

Risks of non-fatal drowning are serious and can have long-lasting effects. Near drowning reduces oxygen to the brain, which can lead to permanent brain injury. This can involve memory loss, learning disabilities or can even leave the individual in a vegetative state.



ALWAYS:

- Wear a lifejacket when on the water
- Watch your children in and near water
- Have fences around backyard pools

Ensure that training in basic water rescue skills, first aid and CPR are up to date. Educate your children on water safety and make sure both you and your children know how to swim.

If boating, make sure that anyone operating a boat has a valid boating certification. To get certified, visit: <http://www.boaterexam.com/canada/>

SOCCER

Soccer is one of the most widely played sports in the world! There are precautions you can take to ensure that you are being safe while being an awesome team player.

The contact in a soccer game is similar to other high-impact sports such as hockey and football.

Rough playing and heading the ball carry the risk of brain injury. A soccer ball can travel as fast as 100km/h! Repeated low impact hits to the head can increase the risk of long-term brain damage.



TO AVOID BRAIN INJURY IN SOCCER:

- Head the ball correctly. Ask a coach or professional about proper technique
- Ensure the ball is the appropriate size for the players
- "No Heading" should be the rule for young players (under age 14)
- Ensure goal posts are padded



FOOTBALL

Whether you are an aspiring Roughrider or just love the game, football is a popular sport. But it is a high contact sport, so it is important to play safe and encourage others to do the same.

Approximately 46,000 brain injuries occur in football each year.

In 2009, a study by the NFL revealed that Alzheimer's disease and other memory-related diseases are 19 times more common in former NFL players than other men aged 30-49.

WHAT CAN YOU DO?

- Always wear a fitted football helmet and appropriate athletic gear such as kneepads, cleats, mouth-guard and cup
- Work with your coach and teammates to learn about safe play
- Follow the rules of the game
- Respect the brain safety of your teammates as well as your opponents



HOCKEY

Hockey is Canada's most famous sport. Whether playing roller, ice, or field hockey, this sport takes skill and stamina.

Hockey is played year round at various skill levels, therefore it is important to take the necessary steps to stay safe while still having fun.

In Canada, those that play hockey, compared to all other sports, are at the highest risk of receiving a concussion. Violence in hockey contributes to this heightened risk.



TIPS WHEN TAKING A HIT:

- Make sure you are wearing protective equipment at all times, including a fitted hockey helmet
- Raise your hands, arm, or shoulder up to protect your head during collision
- Never put your head down for a hit
- Always ask your coach about safe play. If you find someone is playing unsafely be sure to tell your coach.

Safety is
Everyone's Responsibility,
Take the Pledge Online:

www.sbia.ca/sports.aspx