

# **Helmets and Wrist Guards**

2019

## **Helmets**

It is well understood that wearing a helmet when skiing or snowboarding will reduce the risks of serious head injuries. Due to the increased number of reported head injuries we have been experiencing, we are highly recommending that all skiers and boarders wear helmets. It is the responsibility of parents, skiers, and snowboarders to acquire a helmet. Parents please educate yourselves as to the best helmet to purchase that will provide the most protection against head injury.

## **Wrists Guards**

Every year we have an unacceptable number of broken wrists and arms. Most of this type of injury can be eliminated if snowboarders would wear wrist guards. Parents of snowboarders should purchase and insist that their son or daughter wear wrist guards. Parents please educate yourselves as to the best wrist guards to purchase that will provide the most protection against injury to wrists and arms.

## **Bottom Line**

When you or your family is choosing a helmet and/or other protective equipment consider the benefits, the best devices, their limits, and the proper fitting of that equipment. Use the safety devices for added protection but don't be fooled into a false sense of security, as they will not prevent all injuries. However, the bottom line is your student participant will be safer wearing a helmet, wearing wrist guards, and using other protective equipment!