

How to Keep Your Kids Physically Healthy This Winter Season

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WITH THE BRISK winter months approaching, many Valley parents and their children will be heading up to Mount Charleston for some holiday fun on the slopes, but engaging in these activities come with risks. According to a report by the U.S. Consumer Products Safety Commission, there were 74,000 sledding,

snow tubing and tobogganing injuries in 2004. Many of these accidents resulted in head injuries. In addition, there were 84,200 skiing injuries and 37,600 snowboarding injuries in children in 1997.

“While the winter season is a wonderful time for families to enjoy cold weather activities, parents should use

caution when letting their child participate in winter sports,” said Dr. Randa Bascharon of the Orthopedic & Sports Medicine Institute of Las Vegas. “By setting clear safety precautions first, you can significantly decrease the risk of your child suffering a potentially serious injury.”



using snow tubes, snow disks and toboggans.

- If sledding in the evening, use brightly lit areas.

SKIING AND SNOWBOARDING:

- Always make sure your child uses proper sports equipment in good condition. Ski and snowboard bindings should only be adjusted by a professional. For snowboarders, wrist straps and kneepads can be especially beneficial for preventing injuries.
- Never let your child ski or snowboard alone.
- Taking a lesson from a qualified instructor will help your child learn the best ways to fall in order to avoid injury.
- Wearing a helmet can lower your child's risk of getting a head injury. Sports shops offer helmets specifically designed for skiing and snowboarding.
- Dress the part. Wear comfortable, tear-resistant and waterproof clothing.
- Watch out for other skiers on the trail.
- Wearing proper eye gear can protect your child's eyes from the blinding glare of the sun and harmful debris.
- Be sure your child knows to stay on marked trails meant for his/her athletic level. They should be aware of ice patches, rocks, trees and other hazards.
- Instruct your child that if they lose control while skiing or snowboarding, to fall down on their rear or side, the softest parts of the body. **LVS**

Some tips on keeping your child safe on the slopes:

SLEDDING:

- Children under the age of 12 should wear a helmet to avoid head injuries.
- Make your child dress in layers to keep warm and to provide a buffer from falls. They should also wear goggles as protection from flying debris.
- Always supervise your children when they are sledding
- Use designated sledding areas with long run off areas free from hazards

such as trees, rocks, fences, open dirt areas and poles.

- Make sure your child is sitting up in a forward-facing position so they can see what is in front of them. Your child should never face backwards or go headfirst down a hill while on their stomach.
- Never let your child sled down a hill leading into a street, parking lot, drop off or water.
- Use proper, sturdy sledding equipment with steering devices designed for your child's age and size. Avoid



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