

# BRAIN TALK

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## Safe Riders for Safe Snowmobiling



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

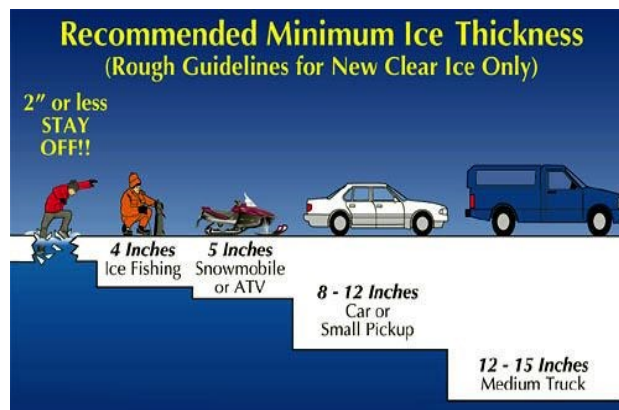
### Before you set out:

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



### 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
- Check ice conditions before crossing any bodies of water. Ice should be at least 12cm or 5 inches thick to cross.



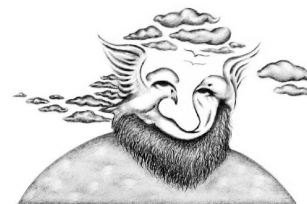
- Slow Down—ensure you have time to stop



Resources: Snowmobiling Fact Book—[www.snowmobiling.org](http://www.snowmobiling.org)

Saskatchewan Snowmobile Association—[www.sasksnow.com](http://www.sasksnow.com)

Do you see what I see?



Saskatchewan North Acquired Brain Injury Outreach Team  
..... A joint initiative of.....



For more information please call: 1-306-765-6470