



# HELMET SAFETY

# **THE ACTIVE & SAFE PROGRAM**

**The Public Health Agency of Canada has launched the *Active & Safe* injury prevention initiative. The overall goal of this initiative is to reduce sport and recreation related injuries sustained in high participation activities among children and youth (ages 0-19). The initiative focuses on serious injuries such as concussions/brain injuries, drowning and fractures.**

**This initiative enables community level action on sport and recreation safety awareness through funding projects such as Active and Safe PEI.**

**Funding for this initiative is provided in part by the Public Health Agency of Canada.  
The views expressed herein do not necessarily represent the Public Health Agency of Canada.**

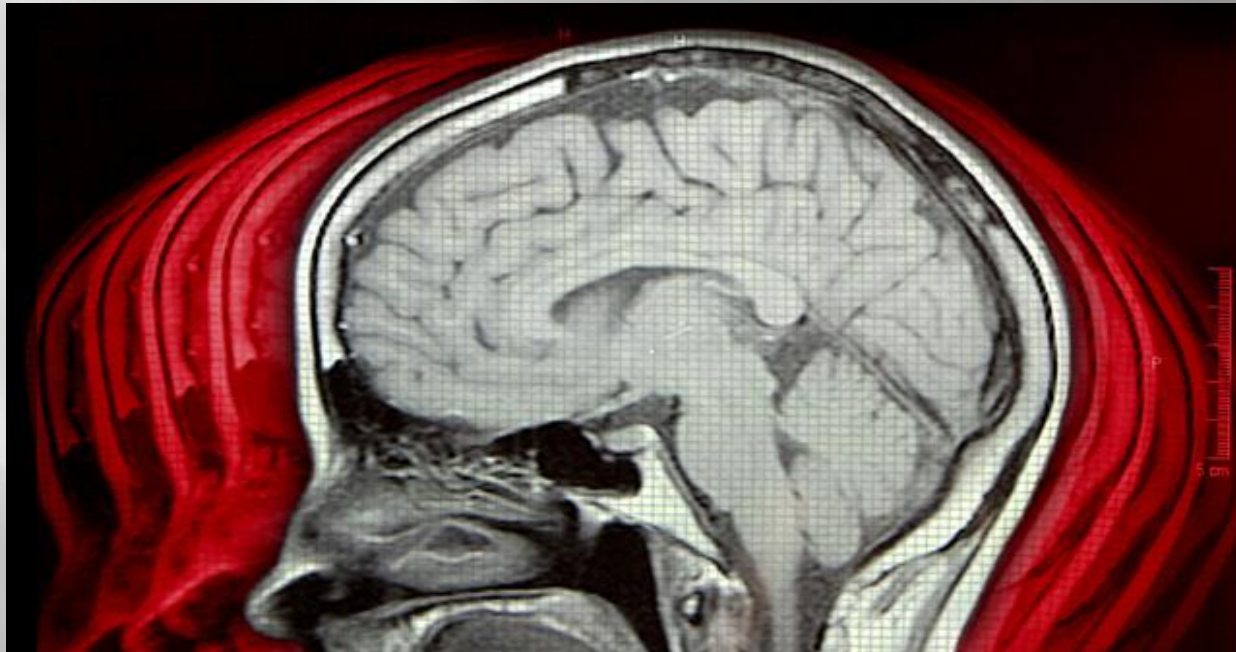
**DON'T BE FOOLED...**



**THERE IS NO SUCH THING AS A  
CONCUSSION-PROOF HELMET**

# CONCUSSIONS

The injury is not suffered from the blow outside the head but rather the brain suddenly shifting, shaking or rotating inside the skull and knocking against the skull's inner surface.




**Helmets DO NOT prevent concussions!**

# HEAD INJURIES

"I WON'T WEAR A HELMET  
(PHAN DINH - MENTAL AGE 2885)  
IT MAKES ME LOOK STUPID"

EVERY YEAR OVER 11,000 PEOPLE DIE ON OUR ROADS AND 30,000 ARE SERIOUSLY INJURED. THAT MEANS THOUSANDS OF FAMILIES LEFT PICKING UP THE PIECES. FAMILIES TORTURED BY THE LOSS OF A LOVED ONE, CRIPPLED BY REDUCED INCOME OR THE SUDDEN NEED TO CARE FOR A RELATIVE WITH PERMANENT BRAIN DAMAGE. THE SAD TRUTH IS THAT 40% OF THESE CASES COULD HAVE BEEN PREVENTED BY SIMPLY WEARING A HELMET. WHEN YOU THINK ABOUT IT, THERE ARE NO EXCUSES.

SPONSORED BY  WEAR A HELMET. NOT JUST FOR YOUR OWN SAFETY.

**While a helmet does not necessarily prevent concussions, a properly fitted helmet is one of the best strategies to prevent catastrophic and often irreversible head injuries.**

# **MOUTH GUARDS**

**Similarly, while there is no evidence that mouth guards prevent concussions, they do absorb impact on the jaw.**

**They also provide important dental protection to teeth.**



# **IF IT'S NOT ON PROPERLY IT WON'T WORK**

**Helmets must fit properly  
and stay on the head to  
be effective!**

**Users should only be  
able to get one finger  
between their chin strap  
and their chin.**



# HELMETS



**“When it comes to protection in the sport of hockey, the helmet is an athlete’s most vital piece of equipment.”**

**Mark Messier - NHL hockey icon and spokesperson for  
The Messier Project with Cascade Sports**



# HELMETS

- **Have 3-5 year life expectancies**
- **Should never be pre-used**
- **Need to be CSA approved**
- **Have cages to protect from high sticks**
- **Need to fit properly to work properly**
- **Should always have a tight chin strap**
- **Should never be worn over a hat**

# **IS IT LAW TO WEAR A HELMET WHILE SKATING?**

**No. Unlike bicycle helmet legislation, there is no law in PEI requiring people to wear a helmet while skating.**

**Each rink has the freedom to either have a written helmet safety policy or not have one.**



# **REASONS TO HAVE A HELMET SAFETY POLICY**

- **Skaters feel safer while on the ice**
- **Eliminates the risks and hazards**
- **Lowers the number of head injuries**
- **Enhances the quality of your facility**
- **Increases community pride**
- **Shows your facility cares about safety**
- **Possibly protects against future lawsuits**

# **LAWSUITS!?**

**The owner/operator of any public access space could potentially be sued if someone is injured.**

**The ‘Occupiers Liability Act’ states, “the occupier of a property has a duty not to have a dangerous situation existing on that property”.**

# **LAWSUITS!?**

**If someone was to sue following an injury, you may have to defend allowing people to skate without helmets as a “dangerous situation”.**

**In legal matters, your written Helmet Safety Policy along with any reports kept on file could prove you’re doing your ‘minimum standard of care’.**

# **HELMET SAFETY POLICY**

## **A Helmet Safety Policy shows;**

- **The facility/property on which the policy applies**
- **The people the policy applies to (all skaters, 18 and under, 12 and under, etc.)**
- **The date the policy was implemented**
- **What standards are used for helmets (CSA, ASTM, etc.)**
- **That you are promoting safety to community residents**
- **Your attempt to avoid harm to those using your facility**

# Thank you for your time!

Please continue the survey now.



Funding for this initiative is provided in part by the Public Health Agency of Canada.  
The views expressed herein do not necessarily represent the Public Health Agency of Canada.