

Student Resource: Risks and Precautions Worksheet

Name(s):

In the left column, list possible risks related to a two-hour skiing or snowshoeing activity. In the middle column, list things you can bring, wear, and do to mitigate each risk. In the right column, write the questions you have regarding each risk and ways to mitigate them.

Risks	Bring/Clothing/Do	Questions
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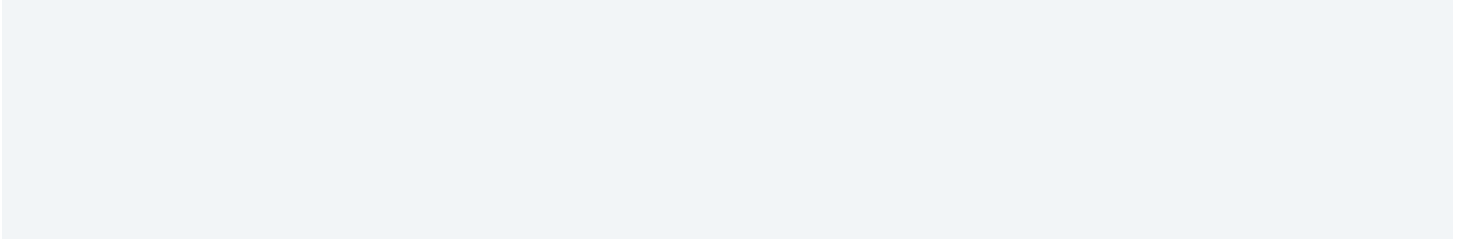
Hypothermia and superficial/deep frostbite: You need to know the signs and symptoms!

Using trusted online sources, research the signs, symptoms, and treatments for each.

Signs of hypothermia:

Treatment for hypothermia:

Signs/symptoms of frostbite:



Treatment for frostbite:

