

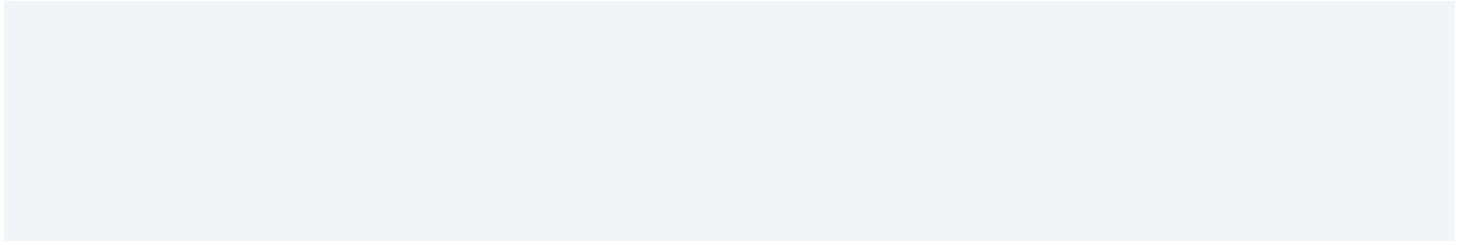
Student Resource: Layering and Dressing for Outdoor Success - Self-Check (Junior)

1. Think about going outside for a walk in the cold. Put a checkmark beside the pieces of clothing you should wear and add an example when asked.

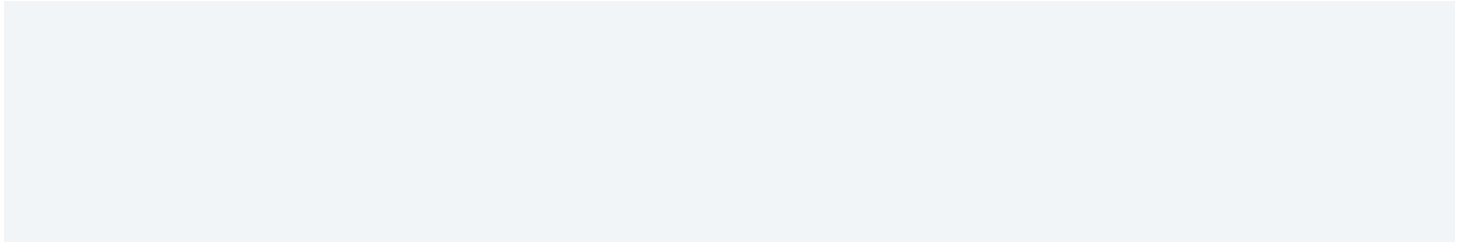
- a warm hat and mitts
- a good base layer: the clothing next to your skin. Give an example: [insert example]
- a good middle layer: the clothing between your base layer and your coat. Give an example: [insert example]
- snow pants
- a winter jacket
- winter boots

2. Identify 2 characteristics that your outer layer should have:

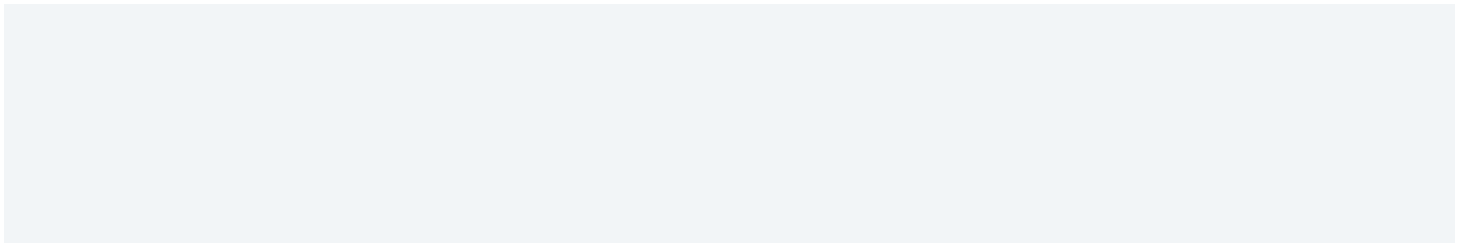
3. What are 2 things you should do to stay warm and safe when walking or playing in the cold?



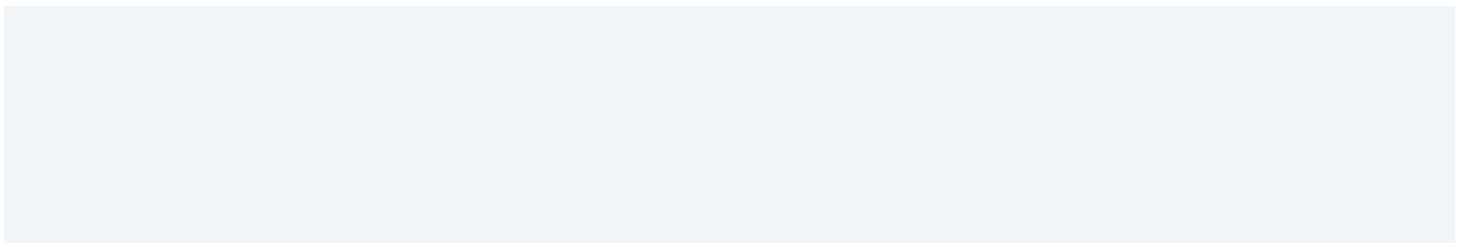
4. What are 2 things you should do to stay safe when walking or playing in the hot weather?



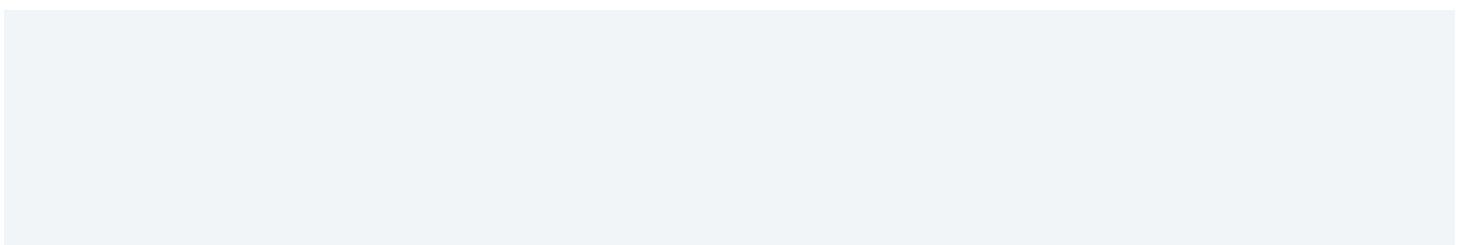
5. What are 2 signs you might be at risk for hypothermia?



6. What are 2 things you can do to help someone who is suffering from hypothermia?



7. You notice a younger student in the school yard at recess on a warm day in early spring. They are wearing a winter coat and a tuque. You notice they are sweating and their cheeks are flushed. How can you offer support?



Answers:

Question 1: Check all. Base layer examples: long underwear, short or long sleeve T-shirt; Mid layer example: sweater, button up overshirt, hoodie.

Question 2: Blocks the wind, water-resistant, waterproof, be loose fitting, warm.

Question 3: Keep moving, stay dry, keep your hat and mitts on, change wet clothing.

Question 4: Wear a hat, drink lots of water, stay in the shade as much as possible, wear sunscreen.

Question 5: Shivering, numbness in fingers and toes, confused or uncoordinated.

Question 6: Move them into a warm place, remove any wet clothing, warm with blankets.

Question 7: I can ask the student how they are feeling. I can suggest they unzip their coat and remove their tuque. I can bring them to the adult supervising and offer to accompany them inside to get a drink.