WHICH HELMET FOR WHICH ACTIVITY?

FOOTBALL HELMET
Football helmets are very important for players of the sport. These helmets have a hard plastic shell with thick padding on the inside, a face mask made of one or more plastic-coated metal bars, and a chinstrap to help keep the helmet secure.

CLIMBING HELMET
This helmet is designed for all vertical sports. It provides the right protection for climbing and repelling, keeping the wearer safe from falling rocks and ice.

SKATE BOARDING AND INLINE SKATING HELMET
A skateboarding helmet offers particular protection at the front and back, as this is how skateboarders and inline skaters are most likely to hit their heads when they fall.

PADDLING, KAYAKING & RAFTING HELMET
This half-cut helmet sits above the wearer’s ears, providing good protection for the skull as well as good drainage. Wear a paddling helmet for whitewater kayaking, canoeing and rafting.

CYCLING HELMET
A cycling helmet, with its lightweight design, keeps a cyclist safe and comfortable. This helmet will also help with air circulation, so the wearer won’t overheat.

BATTING HELMET
A batting helmet is worn by batters playing baseball or softball. It is meant to protect the batter’s head from errant pitches, foul balls and any contact on the base paths.

HOW TO WEAR A HELMET

USE THE “2V1” RULE

2 fingers above the eyebrows

1 finger between chin and strap

Straps form a "V" under the ears
**Being Mindful About HEAD INJURIES**

Summer is almost here, and it’s the perfect time for some of our favourite activities, like riding bikes, playing sports, camping, climbing and inline skating. Getting moving outdoors gives us a sense of freedom. But we nonetheless need to be mindful of our safety when enjoying these activities. Children and adults alike can fall or otherwise hurt themselves, sometimes seriously. Concussions are one injury that can be all too common.

A concussion is an injury to the brain, and it can affect the way a person feels, behaves and remembers. A concussion can be caused by a strong blow to the head or neck, a fall, or by any other impact.

**What are the signs of a concussion?**

- Headache or pressure in the head
- Sensitivity to noise, light, motion and odors
- Drowsiness
- Nausea
- Dizziness
- Feeling emotional or irritable
- Feeling nervous or anxious
- Neck pain
- Inability to concentrate
- Difficulty remembering facts or events from earlier in the day
- Blurred vision

**What should you do if you suspect a concussion?**

- Remove the victim from the activity.
- Keep the victim comfortable. Tend to swelling with ice.
- Do not leave the victim alone.
- Seek professional medical help as soon as possible.
- If the victim loses consciousness, call an ambulance. Unless absolutely necessary, do not move the victim yourself.

**Returning to Scouting and other activities must follow a step-wise approach:**

**STEP 1:** No activity, complete rest. Once back to normal and cleared by a doctor, go to step 2.

**STEP 2:** Light exercise such as walking or stationary cycling, for 10–15 minutes at a time.

**STEP 3:** Specific aerobic activity (e.g. hiking, jogging, skating) for 20–30 minutes at a time. NO CONTACT

**STEP 4:** “On field” activity—Scouts can slowly participate. Attend meetings, practise low-key skills and other activities with NO CONTACT or potential for head impacts (i.e. no dodgeball).

**STEP 5:** “On field” activity—Scouts who have been cleared by a doctor can take part fully, but should be closely monitored during and after the activity for symptoms.

**STEP 6:** Full return to full physical activities

**When can I return to Scouting activities?**

It is very important that a concussion victim does not go back to Scouting if he or she has any ongoing symptoms of a concussion. The rate at which a concussion victim progresses through these stages will vary, but each stage must take at least 24 hours.

If symptoms last longer than two weeks, ask your doctor to refer you to an expert in managing concussions.

**How long can it take for a concussion to heal?**

The time it takes to recover from a head injury will vary. Returning to Scouting, sports or school can be a slow process. Your doctor will help prepare a progressive plan to ease you back into activities.

**Prevention**

Helmets are important safety equipment that can help prevent many injuries, including concussions. As Scouts, our motto is Be Prepared. Think of all the amazing adventures you can have through Scouting. Many of these great Scouting experiences require helmets.

*Regional laws may require specific helmets for certain activities, with special requirements.*

Scouts.ca/PlaySafe