



# Holiday Safety

## Winter Sports Safety

### AMC MISHAP TRENDS

- Over the last 3 (FY23-FY25) winter seasons, AMC sustained **84 winter sports mishaps**.
- Results - 667 Lost Workdays and over \$1.5M in readiness costs.
- Common injuries – **fractures, concussions and ACL Tears**.

### SAFETY TIPS

- Gear Up for Safety – Helmets are non-negotiable. Use Outdoor Rec for properly fitted gear.
- Know Your Limits – Peer pressure can lead to months of recovery.
- Hydrate & Rest – Alcohol impairs judgment, save it for after the final run.
- Train for the Slopes – Don't let vacation be your first workout!



### **DID YOU KNOW?**

According to the National Ski Areas Association, wearing a helmet can reduce the risk of a severe head injury by up to 50%. Traumatic Brain Injuries (TBIs) have a direct and lasting impact on readiness.