

Fun in the snow needs common sense

(Continued from Page 3A)
matter of common sense, according to Spriggs.

While carrying wine is something of a tradition along the cross country trail, skiers shouldn't overdo it.

"It doesn't contribute to your body's ability to keep itself warm," he said.

Keeping warm is also important in snowmobiling where the clothing is made to withstand winds and cold because the participants don't move their bodies as much as they would in skiing.

Windproof clothing, lightweight but warm boots and helmets keep the rider safe from frostbite and accident, according to Susan Hennemeier of Recreation Leisure, a Farmington Hills store specializing in snowmobile parts and clothing.

The face should be covered with a windproof, moistureproof ski mask to guard the rider from sinus infection due to the cold.

The helmets worn by snowmobilers are like motorcycle helmets and serve the same purpose. While they aren't required by law, they are recommended by the Department of Natural Resources, Ms. Hennemeier said.

But no matter what the sport, the

participant should bundle up to stave off frostbite.

FROSTBITE CAN occur any time after the wind chill factor or the actual temperature drop below the freezing point, according to Dr. Lawrence LaFond of Botsford General Hospital, Farmington Hills.

Similar to a burn, frostbite first shows up as a numbness in the affected area followed by a reddening. Untreated, frostbite can lead to scarring of the area and eventually the loss of that part of the body.

Keeping the hands, nose and feet protected against the cold will prevent frostbite in the areas most often affected by it, according to LaFond.

If frostbite occurs, the affected part should be exposed to warmth immediately. If possible, it should be immersed in water warmed to 104-108 degrees for about 20 minutes.

Years ago, rubbing the area with snow was considered as a way of treating frostbite. But this has fallen into disfavor.

"It's the worst thing they can do," said LaFond. Instead, he recommends slowly warming the area and drinking a warm alcoholic drink.



The layered look found its popularity in winter sports before it was adopted by the designers for everyday fashion. Benchmark employee Steve Jastrzemski models two jackets that demonstrate layering for winter sports. The dual outerwear creates a layer of dead air in which body heat is retained. The outer jacket is a light windbreaker made from Gore-Tex, a fabric which doesn't allow water to penetrate the outside of the jacket but is capable of dissipating water vapor from beneath the jacket. Under the windbreaker is a down coat.



More than toes are enclosed in these boots. Layered footwarm keep those toes warm. Silk or orlon socks are next to the feet, followed by wool socks. The package is topped off by a wool pack that serves as a boot liner. The boot itself is waterproof.



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