Small but IMPORTANT! Don't forget! Just the thing

Importance of Knee Pads:

When snowboarding, the point here is, when you fall ahead, touch the snow surface with your knee When falling on valley side and spread out both your both hands from the shoulder and raise the snowboard in such a way that your body won't get stuck in the snow surface. with the knee! At that time, if you are wearing a kneepad, it plays an important role to moderate the impact when you touch the ground. Through this, you' II be able to enjoy trying many times. In addition, it also leads to injury prevention, so you' II know you' re safe. When snowboarding, the point here is, when you Was good to have pads! fall ahead, touch the

ELBOW

KNEE

HEADGUARD





Importance of a head guard:

The point to remember here is, when you fall down in a backwards direction, you need to lower your upper body, bend your back and lower your head so that it will not get hit. In other words, when you fall in a backwards direction, it is important to make sure that you don' hit your head! Even if that happens, or you hit your head by mistake, if you are wearing a head pad it plays a very important role to reduce the shock to a considerable extent, which in turn will reduce the pain or injury considerably, and you can have fun for longer periods of time.

WRIST GUARD Excerpt from the National Ski Safety Measures Council 2022-2023 Season Ski Injuries Report Here are many body 1st: Shot injury areas! **SNOWBOARD** 1st: Shoulder 2nd:Wrist 3rd: Elbow 4th: Head 5th: Knee 1st: Knee 2nd: Lower leg 3rd: Shoulder4th: Ankle 5th: Head

ALL SPORTS PROTECTOR

When you fall in a backwards direction on the mountainside

By raising your head, bend your back!!



It is important to have a head pad too!