

# Longer ski season means higher risk for injury

By Claudia Buck, Sacramento Bee

As record snowfalls extend this year's skiing and snowboarding season, a Los Angeles children's sports doctor is reminding kids and parents to be aware of injury risks. Children are more at risk than adults for injuries from skiing and snowboarding, especially for beginners, said Tracy Zaslow, director of the Children's Orthopaedic Center Sports Concussion Clinic at Children's Hospital Los Angeles.

"Because of the high speeds that are traveled, it can go from a mild injury – bruises and sprains – to severe fractures that require surgery or head injuries that lead to bleeding in the brain," says Zaslow, in a statement.

She said novice skiers and snowboarders are less likely to have mastered the skills needed to avoid obstacles and fall down safely.

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