

Students Learn Survival Skills in BC Injury Prevention Presentations

The BC Injury Prevention Centre's lifesaving injury prevention school program provides the opportunity for students to learn key survival skills from highly qualified professional athletes. These skills can be applied to all of their outdoor activities, including travel to and from school. The presentation for elementary students is called the *Spirit to Survive*, while the secondary school program is called *Injury Free Karma*. The presenters for the programs include: Dave Norona, a world-class adventure racer and elite multi-sport athlete; Nesta Chapman, a sky diving instructor and film stunt performer; and Kevin Vallely, an explorer and adventure racer.

For details see: <http://www.injuryfreezone.com/schoolprograms.php>