**Ski Boot Removal Steps:**

1. Check scene safety
   1. In the case of ski/snowboarding injuries, assess for proximity to other individuals on the mountain or any weather-related dangers
2. Utilize Standard Precautions
   1. Wear gloves especially if there are open wounds
3. Provider 1 stabilizes boot and leg
4. Assess CMS (circulation, motor, and sensory)
   1. Sensory/circulation – ask patient about numbness/tingling/warmth in toes/pulses
   2. Motor – ask patient to wiggle toes and/or move feet
5. Provider 2 unbuckles and/or unlaces the boot completely before spreading the boot open
6. Provider 1 stabilizes lower extremity
   1. Stabilization achieved by Provider 1 holding the ankle anteriorly with one hand and posteriorly with the other
7. Provider 2 slowly removes boot by sliding the heel of the boot away from the foot and then sliding the toe portion of the boot off of the foot
8. Reassess CMS
9. Apply splint if necessary and reassess CMS

**Hockey Skates Removal Steps:**

1. Check scene safety
   1. Can use towels to provide stability for medical personnel who may be kneeling on ice
2. Utilize Standard Precautions
   1. Wear gloves especially if there are open wounds
3. Provider 1 stabilizes boot and leg
4. Assess CMS (circulation, motor, and sensory)
   1. Sensory/circulation – ask patient about numbness/tingling/warmth in toes/pulses
   2. Motor – ask patient to wiggle toes and/or move feet
5. Provider 2 unlaces the skates completely before spreading the skate open
6. Provider 1 stabilizes lower extremity
   1. Stabilization achieved by Provider 1 holding the ankle anteriorly with one hand and posteriorly with the other
7. Provider 2 slowly removes skate by sliding the heel of the skate away from the foot and then sliding the toe portion of the skate off of the foot
8. Reassess CMS
9. Apply splint if necessary and reassess CMS

**Football Shoulder Pads Removal Steps:**

1. If the helmet is removed, shoulder pads need to as well
   1. This prevents overextension of the neck
2. Provider 1 provides head and neck inline stabilization
3. Provider 2 needs to expose shoulder pads by removing jersey
   1. Cut/unstrap shoulder straps in the front and side
4. Provider 2 starts to slide pads out from underneath patient while Provider 1 maintains inline stabilization
   1. Provider 2 can switch and maintain inline stabilization from below the patient while Provider 1 slides pads completely off
5. The patient’s head and neck can be further immobilized, such as with a c-spine collar

**Ski and Motorcross Helmet Removal Steps:**

1. Check scene safety
   1. In the case of ski/snowboarding injuries, assess for proximity to other individuals on the mountain or any weather-related dangers
2. Utilize Standard Precautions
   1. Wear gloves especially if there are open wounds
3. Provider 1 offers inline stabilization of head/C-spine by holding helmet from both sides
4. Provider 2 removes goggles and chin strap
5. Provider 2 also stabilizes head/C-spine by placing one hand posteriorly at the occiput and the other on the mandible
6. Provider 1 starts removing helmet by first spreading the helmet apart by pulling laterally on the helmet straps
   1. Provider 1 then pulls helmet superiorly and rotates helmet forward as the helmet is removed
   2. Provider 2 is simultaneously sliding their fingers superiorly to achieve greater stabilization
7. Once helmet is removed, Provider 1 can reestablish inline stabilization by placing hands on either side of the patient’s head
8. The patient’s head and neck can be further immobilized, such as with a c-spine collar

**Lacrosse Helmet and Shoulder Pads Removal Steps:**

1. Check scene safety
2. Utilize Standard Precautions
   1. Wear gloves especially if there are open wounds
3. Provider 1 offers inline stabilization of head/C-spine by holding helmet from both sides
4. Provider 2 removes goggles and chin strap
5. Provider 2 also stabilizes head/C-spine by placing one hand posteriorly at the occiput and the other on the mandible
6. Provider 1 starts removing helmet by first spreading the helmet apart by pulling laterally on the helmet straps
   1. Provider 1 then pulls helmet superiorly and rotates helmet forward as the helmet is removed
   2. Provider 2 is simultaneously sliding their fingers superiorly to achieve greater stabilization
7. Once helmet is removed, Provider 1 can reestablish inline stabilization by placing hands on either side of the patient’s head
8. Provider 2 needs to expose shoulder pads by removing jersey
   1. Cut/unstrap shoulder straps in the front and side
9. Provider 2 starts to slide pads out from underneath patient while Provider 1 maintains inline stabilization
   1. Provider 2 can switch and maintain inline stabilization from below the patient while Provider 1 slides pads completely off
10. The patient’s head and neck can be further immobilized, such as with a c-spine collar