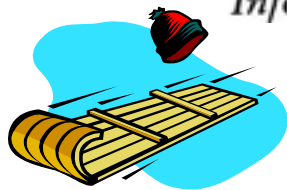




*Information for You from Your Health Care Team*



## Sledding Safety



**Check out the facts before you check out the hill!!**

### Check out your sled

- ✧ Make sure your sled is sturdy and that you can steer it.
- ✧ The handholds should be easy to grab. The seat of the sled should be padded.
- ✧ Use sleds that do not have any sharp, jagged edges or broken parts.
- ✧ Do not use home-made sleds such as plastic bags, garbage can lids, carpets, or inner tubes. Home-made sleds are difficult to control.

### Check out your gear

- ✧ Wear gloves or mittens and boots to keep you warm and to help protect your hands and feet from injury.
- ✧ Wear scarves or clothing that does not have draw strings. Draw strings can get tangled in the sled.
- ✧ Wearing a ski, bike or multi-sport helmet can help to protect your head while sledding and reduce the dangers of serious injury.

### Check out the view

- ✧ Have an adult check out the sledding spot first to make sure it's ok. Have an adult around when sledding.
- ✧ Hills that have been designed for sledding are the best.
- ✧ Choose hills with a gentle slope and a long run off area.
- ✧ Choose snowy hills and avoid icy surfaces.
- ✧ Be sure the hill is free of holes and obstacles such as trees, signs, fences and rocks.
- ✧ Stay away from roads, rivers, railways and parking lots.
- ✧ Only sled in daylight or on well lit hills.

### Check out your style

- ✧ Go down the hill sitting or kneeling on the sled, never go down head first or standing.
- ✧ Be sure the way is clear right down to the bottom. Do not go down right after another person.
- ✧ On the way down, tuck in your arms and legs against your body.
- ✧ If you fall off the sled, quickly move out of the way of the other moving sleds.

### Check out the supervision

- ✧ Children under 12 should be supervised by a responsible adult.
- ✧ Children under 5 should have an adult in the sled with them.
- ✧ Monitor children for wet clothes, chilling, frostbite and fatigue.
- ✧ Control conflicts that may occur between children.
- ✧ Be safe - Limit the number of children and sleds on the hill.

Speak up if you have any questions or concerns