

November 2009

Tobogganing and sledding safety



Tobogganing and sledding are fun, popular winter activities; however, every year hundreds of children are injured while tobogganing. Here are some tips to keep your children safe!



Active Supervision: Parents should always supervise children who are tobogganing and sledding. Teach children to toboggan/sled down the middle of the hill and walk up the sides of the hill.

Safety: Make sure children wear a *hockey* or *ski* helmet to prevent head injuries. They are designed to protect the head in all directions in icy conditions. Choose a toboggan/sled that is sturdy, easy to control and in good condition. Remind children to sit on a toboggan/sled and face forward. They should avoid lying on their stomach and sledding head first.

Hill: Choose a hill with a gentle slope and enough room to stop. The hill should be free of hazards (e.g., trees and rocks). It is best to use the hill when it is well lit to see all potential dangers and to be seen by others. Discourage jumping in front of toboggans/sleds going down hill and make sure only the recommended number of children ride the toboggan/sled.

Clothes: Dress children in warm layers of brightly coloured, waterproof clothes and boots. Use a neck warmer instead of a scarf and cover children's head, ears and hands.

**For health-related information call York Region
Health Connection at 1-800-361-5653 or visit www.york.ca**