

# Tobogganing and sledding safety

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

- Parents should always actively supervise children at the toboggan/sled hill
- 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
- Teach children to toboggan/sled down the middle of hill and use the sides to walk to the top
- To prevent head injuries, children should wear a hockey or ski helmet; they are designed to protect the head in all directions in icy conditions
- Toboggans/sleds should be sturdy, easy to control and in good condition
- Remind children to sit on a toboggan/sled, face forward and avoid lying on their stomach —no sledding head first
- Choose a hill with a gentle slope and enough room to stop. The hill should be free of hazards (e.g., trees and rocks) and be well lit to see any potential dangers and to be seen by others
- No jumping in front of toboggans/sleds going downhill and make sure only the recommended number of children ride the toboggan/sled

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit [www.york.ca/healthyschools](http://www.york.ca/healthyschools)

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