

SAFE SLEDDING

Know your child's sledding abilities
and help them remember to:



- Sit face forward
(never head first or standing)
- Go downhill one at a time,
only one person per sled
- Roll off a sled that won't stop
- Never ride a sled being pulled
by a moving vehicle

- Avoid inflatable inner tubes or sled substitutes such as trays or cardboard boxes - they are hard to steer and stop

- Choose a hill with a manageable slope and a long path

- Avoid slopes that end in a street,
parking lot, pond or other hazards

- Sled only in daylight when visibility is good



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