



GET the

FACTS...



Sledding Safety

Sledding is a popular and enjoyable winter recreational activity. Every year thousands of people take to the hills for a sport the whole family can enjoy. However, sledding activities can lead to injuries and even result in death. Fortunately, most sledding injuries are preventable.

By becoming aware of the risks of sledding you help spread the message on how to sled safely. Educate yourselves and your community on how you can operate and maintain safe sledding areas. This winter, make sledding a SAFE, fun activity.

Sledding injuries occur as a result of...

- colliding with another sled or obstacle;
- losing control of equipment; and
- falling off the equipment while sliding.

Who's at risk...

- Sledding injuries can and do happen to people of all ages.
- The majority of sledding injuries occur to children between the ages of 5 and 14.
- Boys are injured more often than girls.

Injury Prevention Tips

Sledding safety recommendations can be divided into four areas - site, behavior, equipment and supervision.

Check Out The Hill:

- Choose hills with a gentle slope and long run off area.
- Choose snowy hills and avoid icy surfaces.
- Be sure the hill is free of jumps, bumps, holes and obstacles such as trees, signs, fences and rocks.

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Sledding Safety

(continued from other side)

Check Out The Hill (con't)

- Stay away from roads, rivers, railways and parking lots.
- Only sled in the daylight or on well lit hills.
- To reduce the risk of hypothermia and frostbite, it is not recommended to sled in temperatures below minus 19 degrees Celsius. Take into consideration the wind chill factor when sledding.

Check Out Your Style:

- Go down the hill sitting up or kneeling on the sled. Never slide down head first or standing up.
- Be sure your path is clear of obstacles and other people right down to the bottom of the hill.
- On the way down, keep your arms and legs within the sled.
- If you fall off the sled or stop unexpectedly, quickly move out of the way of other sledders.
- Walk back up the side of the hill, away from other sledders.
- Know your limits. Rest if you are tired. Go inside if you are cold.

Check Out Your Gear:

- Dress properly with hats, mittens or gloves and warm, waterproof clothing including footwear.
- To prevent strangulation it is recommended that:
 - children wear a neck warmer instead of a scarf; and
 - children do not wear clothing with drawstrings as they may get caught under the sled.

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- Wear an appropriate helmet (such as a bike or ski helmet) to reduce the risk of serious head injury.*
- Choose sturdy sleds with secure handholds. Ensure there are no jagged edges, splinters or protruding parts on your sledding equipment.
- Choose sledding equipment that you can steer and stop.
- Avoid sliding carpets, inner tubes, cardboard sliders, snow discs and other sledding equipment that is difficult to control.

Check Out The Supervision:

- Ensure children follow all safe sledding tips when they are choosing their hill, style and gear.
- Children under 12 should be actively supervised by a responsible adult.
- Children under 5 should have a responsible adult on the sled with them.
- Monitor children for wet clothes, chilling, frostbite and fatigue.
- * *Currently there is not a helmet specific to sledding available. Children should wear a properly fitted helmet that has been designed for high impact collisions.* ❄️

