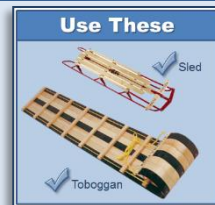




Snow Play & Sledding Safety

Sledding Tips

- ❖ **Children age 5 to 14 are the most risk for sledding injuries.** Make sure sleds are in good condition. ALWAYS have adult supervision.
- ❖ **Make sure the sledding path does not cross traffic & is free of hazards** such as ~ trees, fences, rocks, wire, bare spots
- ❖ **Make sure the hill is not steep or icy and has a level run-off at the end so the sled can come a stop.** If going too fast roll off sled onto the snow
- ❖ **Do not sled on or around frozen lakes, streams or ponds.** The best place to toboggan is at a sledding hill or park
- ❖ **NEVER ride in streets or hitch sled equipment behind a moving vehicle**
- ❖ **Use sleds or toboggans.** Do not use disks, tubes or sliders because you cannot steer them
- ❖ **NEVER ride head first or standing up**
- ❖ **Always wear a ski/snowboard helmet!**



**Check road conditions. Call your state police.
In California call 800-427-7623**

Clothing & Equipment

❖ Proper Clothing Layers:

- ✓ First Layer is the layer that is closest against your skin. The best are synthetic fabrics that “wick” moisture away from your skin, keeping you dry. Avoid cotton such as denim pants, as cotton retains moisture that will conduct heat away from your body and make you cold.
- ✓ Second Layer of clothing are fabrics such as fleece or wool, non-absorbing fabrics that keep you warm.
- ✓ Third Layer is the outer layer fabrics that are wind and water proof.

❖ **Gloves** (preferably waterproof)

❖ **Boots** (preferably waterproof)

❖ **Helmet:** When sledding, you have a high risk of head injury. If your head is not protected and you crash into something solid like a tree, can be deadly – Always wear a helmet!

❖ **Goggles & Sunglasses:** Impact resistant and have ultraviolet UV protection

❖ **Sunscreen:** Apply sunscreen on exposed skin areas regularly, especially on lips.

❖ **Keep Hydrated:** Drink Plenty of non-alcoholic, non-carbonated liquids (water or electrolyte replacement drinks) to prevent dehydration in higher elevations.

