

Sliding down a hill on a pleasant winter day is a great outdoor activity. For yourself and the other sliders, please slide safely. The Alberta Centre for Injury Control and Research reported 410 sledding related injuries in Alberta between 2004 and 2008.

- Check the weather. If the temperature is too low, the risk of frost bite and hypothermia increases.
- Ensure that children wear a helmet - parents should too.
- Dress for snow - mitts, boots, water proof outer layer.
- Avoid strings, scarves or loose clothing.
- Keep long hair in a toque so it is not caught on things.
- Adults should accompany children under five on the slider. Ensure the slider is large enough for an adult and a child.
- Teach children to sit or kneel facing forward, not backwards, headfirst or lying down.
- Obey age and weight limits for your slider.
- Keep your hands, arms and legs inside the sled.
- Teach children to slide down the middle of the hill and climb up the sides.
- Ensure the toboggan or sled is in good condition.
- Check the hill before sliding. Make sure it is safe and free from other sliders, trees, rocks, fences or other obstacles.
- Toboggan on snow - icy hills can cause excessive/unsafe speeds.
- Quickly move out of the way when reaching the bottom of the hill.
- If a slope is beyond your ability, or conditions look unsafe, do not go down.
- Maintain control while sliding.
- Do not toboggan at night, dusk or when visibility is poor.
- Never toboggan on or onto a roadway or parking lot.
- Never toboggan near or onto a lake, river or other ice.
- Roll off the toboggan if you are heading for danger.
- Never attempt to stop the toboggan with your hands and feet if you lose control.
- **HAVE FUN!**

**Your best weapon is your brain. Use common sense, imagination, and good judgment.**