

## **TOP TEN TOBOGGANING SAFETY TIPS**

*To maximise safety at all times it is recommended that children under 12 are supervised by a responsible adult when sledging. Children under 5 should be accompanied on their sledge by an adult.*

1. Choose a hill with a gentle slope and long run off area for your tobogganing.
2. Avoid icy surfaces and make sure the hill has a good covering of snow.
3. Make sure your chosen slope is free of holes and obstacles that could damage you or your sledge such as buildings, rocks, trees, fences, farm implements and frozen mole hills!
4. Use a well-designed, sturdy sledge with good handholds – 'homemade' or 'adapted' items will invariably be more difficult to control and not as safe.
5. Only toboggan in day-light, or in well-lit areas.
6. Go down the hill sitting up and facing forward on your sledge. Never go down head first, backwards or standing up.
7. Make sure your tobogganing route is clear right down to the bottom and avoid any routes which are near to streams or rivers. Do not start your tobogganing straight after another person.
8. During your sledge run, tuck in your arms, legs and all your clothing such as scarves, drawstrings etc.
9. If you do fall off your sledge or stop unexpectedly, immediately move out of the way of other tobogganists.
10. Dress properly for the cold with hats, gloves, and warm waterproof clothing including footwear.

Happy sledging!!