



## Considerations for Safe Winter Sledding

According to the US Consumer Product Safety Commission ([CPSC](#)), there are over 160,000 sledding, snow tubing, and tobogganing-related injuries treated at hospital emergency rooms, doctors' offices and clinics each year. The majority of injuries happen to youths age 14 and younger, especially in the run outs at the end of the sledding path. Young children are very vulnerable to injuries. The following information should be used to help prevent injuries when enjoying winter fun.

### Supervision

- It is best for youth to have adult supervision when sledding
- An emergency plan should be put in place prior to sledding
- Communication to 911 and/or emergency support should be available

### Equipment

- Youth should wear helmets; bike or skateboard helmets can be used
- Sleds or toboggans that are sturdy should be selected
- Sleds and other sliding equipment should be “steerable”
- Equipment should be in good repair and free from broken parts
- Proper clothing for the weather and temperatures should be encouraged
- Layering is helpful for winter activities and synthetic materials help insulate even when damp; gloves, hats and boots should be encouraged
- Avoid scarves or clothing that can get caught in a sled and pose a risk of strangulation

### Location Selection

- Select a hill that is not too steep and has a long flat area at the bottom for sledders to glide to a stop
- Avoid hillsides that end near a street or parking lot
- Avoid hillsides that end near water (ice), trees, fences or other hazards
- Make sure the hill is free of obstacles such as jumps, rocks, or trees before sledding
- Choose hills that are snowy rather than icy; icy slopes make for hard landings
- Sledding during the day or in well lighted areas is preferable

### Safety Rules

- Identify an adult to monitor activities and go to in an emergency
- Avoid more than one person on a sled unless young children (under 6) with an adult
- Go down the hill one at a time
- Never build an artificial jump or obstacle on a sledding hill
- Keep arms and legs within the sled at all times
- Encourage sledders to roll out of the way if they fall off their sled
- Do not walk or lay in the way of other sledders
- Never ride a sled that is being pulled by a motorized vehicle
- Sit feet first on sleds