

# Tobogganing Safety Tips



Tobogganing is a popular and fun winter activity for individuals of all ages. If you plan to head to the hill for some sledding fun, please review the safety tips below.

**Tobogganing and sledding are high-risk activities that can result in serious injuries.**

## **To reduce the risk of injury:**

- It is fully your responsibility to assess the hill conditions before you or someone in your care gets on a sled and heads down the hill. Weather changes can often result in extremely slippery/icy conditions. Tobogganing hills are NOT actively monitored by the City of Beaumont.
- Before participating in tobogganing/recreation activities, exercise good judgement and take appropriate safety precautions to ensure you are in control at all times. Slide at your own risk.
- Consider wearing a helmet. It is recommended to use ski and snowboard helmets because they are designed for use in cold weather and for falls at similar speeds.
- Ensure the path is clear before sliding and keep a safe distance from the sled ahead of you
- Always toboggan facing forward and with your feet first
  - Did you know - sliding on your stomach and head-first is the most dangerous position as it offers the least amount of protection from a head injury (Source: Parachute Canada)
- Walk up the hill outside of the sledding area, along the sides of the hill
- Do not dig holes, build ramps or jumps
- Toboggan only during daylight hours. We do not recommend sliding at night.

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## How to Spend a Great Day Tobogganing

1. Choose your hill: Take your pick between a gentle slope, a moderate ride, or something a bit steeper. Whichever hill you visit, check it over every time you go sledding in case new obstacles have appeared since your last visit. Ensure there are no obstacles such as trees, fences, roads, ditches, creeks, poles, benches or open water at the bottom of the run. Please note – it is solely your responsibility to assess conditions of the hill and exercise good judgement before sliding. Hills are NOT actively monitored by the City of Beaumont.
2. Check your equipment: Protect your noggin with a helmet! Check over your sleds to make sure nothing has broken and that it is still in good condition. Dress for the weather – including windchill – and watch everyone for signs of frostbite.
3. Teach the ways: Sharing the ‘do’s and do not’s’ with new tobogganers will help keep everyone safe.
  - Before the first run, have a safety chat and remind sledders to go down the middle of hill, move quickly out of the way at the bottom, and point out where to safely walk back up.
  - Discourage sliding backwards or head-first due to limited visibility and increased risk of head injuries.
  - Get involved: Young kids (5 and under) should have an adult on the sled with them, and kids 12 and under should be supervised. No matter your age, don’t sled alone. - Better yet, have a responsible adult there in case someone gets hurt.
  - Stay fueled up: A few hours can go by in a blink of an eye. Pack some snacks, water, and a thermos of hot chocolate to keep everyone energized, hydrated and warm.