

# Safe Sledding

**Know your child's sledding abilities and help them remember to:**

1. Sit face forward (never head first or standing)
2. Go downhill one at a time, only one person per sled
3. Roll off a sled that won't stop
4. Never ride a sled being pulled by a moving vehicle
5. Avoid inflatable inner tubes or sled substitutes such as trays or cardboard boxes - they are hard to steer and stop
6. Choose a hill with a manageable slope and a long path
7. Avoid slopes that end in a street, parking lot, pond or other hazards
8. Sled only in daylight when visibility is good



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