TOBOGGAN SAFETY
It’s Snow Laughing Matter

**BUNDLE UP**
Always dress for the weather and your activity. For tobogganing, that means layers! Thermal baselayers, fleece, heavy socks, winter boots, winter coat, snowpants, a toque, and gloves or mittens.

**CHECK YOUR SURROUNDINGS AND PLAN YOUR RUNS**
Walk up the hill on one side and slide down the other. Watch out for others when you slide down the hill!

**WEAR THE RIGHT GEAR**
Always wear a helmet when you go tobogganing. Make sure the helmet fits properly; you should be able to fit one finger between your chin and the strap.

**WEAR SUNGLASSES**
Wear sunglasses on clear days, especially with the sun reflecting off the snow!

**LEAVE STUNTS TO THE PROFESSIONALS**
Trying to do jumps on a toboggan can get you seriously hurt, and so can playing “chicken” with other tobogganers.

**TOBOGGAN SAFETY**

Don’t wear a scarf when you go tobogganing; it might get caught on something. Wear a turtleneck or neck warmer instead.

It’s better to go tobogganing during the day so you can see everything and steer clear of hazards!

Never have more people on a toboggan than it is meant to handle. If you have too many people on a toboggan, you could lose control and crash.

Safe hills are free of major obstacles, including trees, benches and roads. Always avoid hills that run off into water.

Look for a hill that isn’t too steep and is thoroughly covered in snow (not ice!). A good hill will have enough of a run-off to allow for a natural stop.