



Sledding & Tubing Safety

Sledding and tubing can be a great way to enjoy winter weather. The joy of speeding down the hill can make it easy to forget that these activities can also lead to injuries. Taking a few safety measures can help keep you and your kids safe on the hills this winter.

Sledding and Tubing Injury Facts

- Injuries often occur when the sled hits a stationary object or when the child falls off the sled.
- Bruises, cuts and broken bones are the most common injuries.
- Head and neck injuries are common among children 6 years old and younger.

Getting Ready to Sled or Tube

- Make sure children are dressed warmly and that they are wearing gloves and boots.
- Always wear a helmet to prevent head injuries. Multi-sport and bicycle helmets are good options.
- Sleds that can be steered are safer than flat sheets, snow discs and toboggans.

Sledding and Tubing Tips

- Teach children to have an adult with them when they go sledding or tubing.
- Always go down the hill feet first.
- Learn how to stop and turn the sled by using your feet.
- One person on a sled or tube is safest.
- Avoid sledding on public streets, driveways, rocky hills, near a cliff or on slopes that end in a street, drop off, parking lot, river or pond.
- Never ride a sled being pulled by a car, ATV or snowmobile.
- Stop sledding before it gets dark.
- Because they are hard to steer, the best place to use a tube is in a tubing park – often found at ski resorts.