

# ABC's of Toboggan Hills for Specialty Programs

Tobogganing is an activity that many Canadian children look forward to every winter. To make sure you protect riders, and yourself, we've put together some simple guidelines you may want to follow.

**A**lcohol is forbidden.

**B**ring a cell phone to call for help.

**C**losely watch the tobogganers.

**D**iscourage multiple riders going down at once.

**E**ncourage the wearing of helmets.

**F**rozen bodies of water, roads and parking lots are not good end points for toboggan runs. Avoid these areas.

**G**ive tobogganers a chance to clear away from the bottom before others go down.

**H**orseplay should be discouraged.

**I**nspect the area for exposed rocks or other hazards.

**J**umps and ramps should not be allowed.

**K**eeep garbage off the hill by using waste receptacles.

**L**oose scarves should not be worn.

**M**onitor the weather – is it too cold for exposed skin?

**N**ever toboggan at night without lights.

**O**n busy days have spotters at the top and the bottom of the hill.

**P**lan for the cold and dress appropriately.

**Q**uality toboggan days can be achieved through a system of education and risk management.

**R**ules of Conduct should always be communicated before hitting the hill.

**S**chool assemblies and organization newsletters are a great way to educate kids and parents on toboggan safety.

**T**welve inches of covered snow on a hill is recommended for safe tobogganing.

**U**nsafe or broken toboggans should not be used.

**V**andals can cause damage, so check for any obvious signs of danger.

**W**aivers should be considered for special events such as school outings.

**X'**act run lengths are difficult to, so visit hills that have run-offs long enough for a natural stop

**Y**ou are there to have fun and stay safe.

**Z**ip down the hill safely by following the above tips!

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