Sledging/Skating Safety Tips
Winter is a great time to get outdoors and have some fun.

### Safety Sledding Tips

**Do..........................**
- Choose a hill that has a gentle slope and that is free of obstacles such as trees, signs, fences, rocks, creek, parked or moving vehicles, railway track, holes or jumps.
- Sled during the daylight or on a well lit hill.
- Dress properly, protecting hands, feet, and your face from the cold.
- Tuck in any scarves, strings, or long hats that could potentially catch on a rock or tree and cause strangulation or other serious injuries.
- Sled by sitting or kneeling down. Never go down head first or standing up.
- Check your sled for cracks or damage before use. Choose sleds that you can steer or stop.
- Have only the recommended number of passengers on a sled at one time.
- Wear a properly fitted ski or hockey helmet to protect against brain injuries.
- Wait until the path is clear before starting down the hill. This could help prevent you from running into another person on your way down.
- Move out of the way quickly if you fall or stop suddenly.
- Walk back up the side of the hill, away from other sledders.
- Parents should go on sleds with children under the age of 5.
- Have an adult supervise children while they are sledding.

**Avoid.......................**
- Hills that are too icy - you want to be able to stop if you need to;
- Inner tubes, crazy carpets, flying saucers, garbage bags and cardboard boxes- they are difficult to control.
- Overcrowding a sled or toboggan with too many riders

### Safety Skating Tips

**Do..........................**
- Wear skates that are your size to avoid ankle and knee injuries. Skates that are too big can cause falls and other injuries.
- Skate in designated skating areas where the ice is known to be strong.
- Check for cracks, holes, and debris on the ice.
- Be considerate of other skaters, including those who are new to the ice.
- Wear a helmet, especially young children who are learning how to skate.

**Avoid.......................**
- Skating alone
- Bumping into other people
- Skating on an untested lake or pond

Remember: Safe ice is found at your local ice rinks. Safe outdoor skating must have adult supervision.

### Safe Winter Activity Rules

- Sledding, snowboarding and skiing can cause severe injuries.
- Steel-runner sleds or inner tubes are strictly prohibited in parks.
- Sled, snowboard and ski in designated areas only.
- Pets and alcoholic beverages are strictly prohibited on sledding hills.
- All sledders, snowboarders and skiers are recommended to wear protective clothing, equipment and helmets.
- Sled, snowboard and ski at your own risk.

### Outdoor Ice Skating

Outdoor hockey rinks are available for rental on a per hour charge for team practices. Contact Parks & Recreation at 343-4163 for information. Day and night skating available. Rinks are lit from dusk to 10p.

- **Chester Creek Sports Complex**
  - Two hockey rinks (Mulcahy Park - E 16th Avenue)
- **Tiklisha Park**
  - Scotty Gomez Hockey Rink (E 20th Avenue & Sunrise Drive)
- **Cuddy Family Mid-town Park**
  - Two Rinks - 1 oval, 1 pond (201 W 40th Avenue)
- **Delaney Park Strip - hockey rink** (9th Avenue & E Street)
- **Goose Lake**
  - (E Northern Lights Blvd & UAA Drive)
- **Jewel Lake**
  - (88th Avenue & Gloralee Street)
- **Cheney Lake**
  - (Baxter Road & Beaver Drive)
- **Westchester Lagoon**
  - (U Street & W 15th Avenue)
- **Town Square Winter Center**
  - (5th Avenue & E Street)