



WINTER ACTIVITY SAFETY

Good Hands® advice from your local Allstate agent to help you be prepared and informed.

Winter offers an abundance of fun outdoor activities for kids and adults alike, but these activities can quickly turn disastrous if safety rules are forgotten. Every year serious accidents and injuries occur on toboggan hills and skating rinks for this very reason. Many of these accidents can be prevented if proper safety precautions are taken.

✓ TIPS TO HELP YOU BE PREPARED



TOBOGGANING

- Always wear a helmet
- Kneeling, face forward, is the safest position on a toboggan
- Choose a hill that's not too steep, and that offers room at the bottom to slow down and stop
- Ensure the hill is away from roads and parking lots
- Make sure there are no trees, rocks, bumps, fences or other dangers in the path
- Slide down the middle of the hill and climb up the sides to avoid other sledders
- Move out of the way once you reach the bottom of the hill
- Sled when conditions are snowy rather than icy
- Bundle up – layers are best – but avoid wearing scarves or other items that can get caught in a sled
- Young children (five and under) should sled with an adult, and kids younger than 12 should be watched at all times



SKATING

- Always wear a helmet. Beginners of all ages, should use a hockey helmet approved by the Canadian Standards Association
- Ensure skates fit properly and are tied tightly, with laces tucked, to avoid tripping
- Make sure the ice is smooth and at least 10 cm (four inches) thick if you skate on lakes, rivers or ponds
- Never skate near open water
- Always skate in the same direction as the crowd

For more information and safety tips, visit allstate.ca/learningcentre, contact your local Allstate Insurance Agency or call 1-800-allstate.