CAUTION Hill Is Unsupervised

FOR EMERGENCIES CALL 911

This Location is Armour Hill West - 460 Armour Road

PROHIBITED

- Construction of snow ramps and other obstacles.
- Inner tubes, crazy carpets, flying saucers, garbage bags and card board boxes, as they are difficult to control.
- Overcrowding a toboggan with too many riders.
- · Bringing pets onto the sliding area of the hill.

SAFETY TIPS

- 1. Choose a sled or toboggan that is easy to control.
- 2. Wear a CSA approved helmet, especially children.
- 3. Always sit or kneel facing forward. (never go downhill head first)
- 4. Keep your hands, arms and legs inside the sled to prevent injury.
- 5. Remember to tuck in strings, and long toques. Use a neck warmer instead of a scarf.
- 6. Wait until the path is clear before starting down the hill.
- 7. Accompany small children on the toboggan, sled, etc.
- 8. Watch for oncoming sliders and quickly get out of the way when you reach the bottom.
- 9. Roll to the side if you have to get off in a hurry remembering not to use your hands or feet to try and stop the sled.
- 10. Don't attempt to stop the toboggan with your hands and feet if you lose control.
- 11. Climb back up the hill by keeping to the side (away from where people are coming down).