

HOW TO BAIL OUT OF A STREET LUGE

1 Stay with your board.

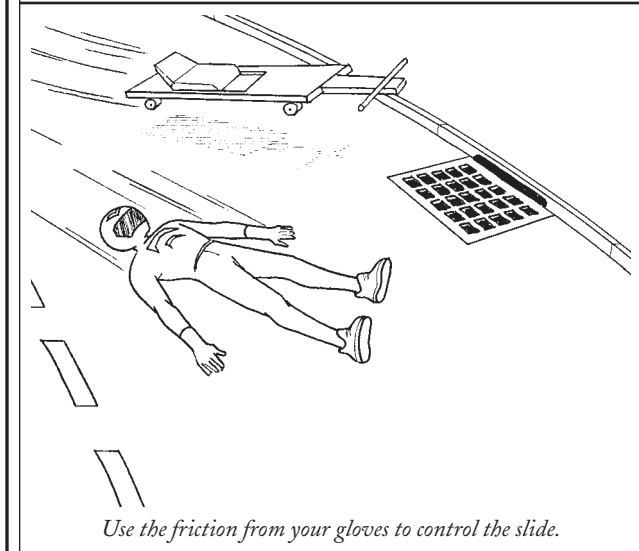
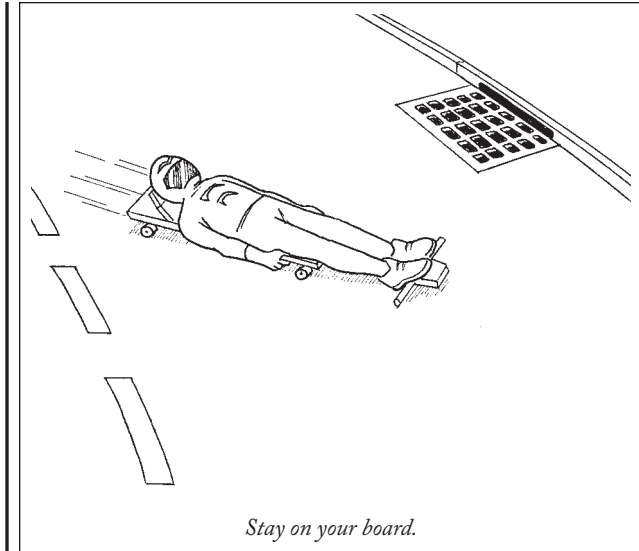
Hold on to your board (even if it is broken), and use it to absorb some of the force of the impact. Do not reach out to grab passing objects or drag your legs to try to slow the luge, or you will risk serious injury. Keep your feet on the pegs and your hands on the handles with your back straight throughout the crash. Your helmet, full leathers, and pads will reduce road rash and also help to limit injury.

2 If you are separated from your luge, slide on your back, with your feet pointing downhill.

Do not roll. Rolling will result in more damage to your knees and elbows.

3 Slow your speed with your hands.

Move your arms to a 45 degree angle to your body. Place your gloved hands, palms down, on the road surface. Use the friction created by your gloves to slow your slide and control its direction. Adding pressure with your right hand will alter your slide path to the right, while pressure on your left hand will move you left. Expect to slide at least 200 feet (or triple that, if the road is wet) or until you hit an obstruction.



4 Absorb the impact of the crash.

If an impact is unavoidable, bend your knees slightly to absorb the force of the crash feet first. Keep your toes pointed up, and hit the object with the balls of your feet, not your heels.

Be Aware

- A wheel coming off at speed is the most common street luge equipment failure.
- A truck that is too loose may not be noticeable until you are at speed, when severe wobbling will throw you from the board.
- Race luges do not have brakes.
- Spine, elbow, and knee pads are recommended to reduce serious injury.

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