

## WORST-CASE SCENARIO.

# HOW TO SURVIVE A RUNAWAY SLED

- 1 Quickly survey the topography.**

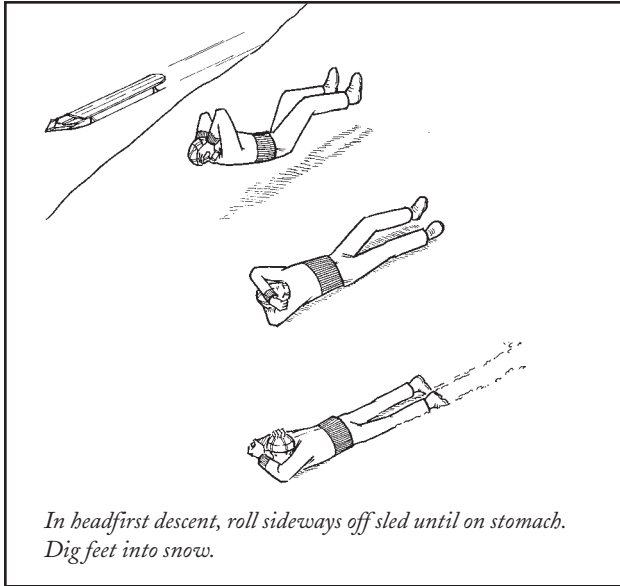
If you are sledding in a wide-open field with few obstacles and no danger of a precipice, stay on the sled and ride it out. The sled will eventually stop once you reach level ground.
- 2 Slow the sled using emergency steering and braking.**

Steer the sled side to side to slow it down. Drag your feet (if feet first) or hands and feet (if head first) to slow the sled or to steer.
- 3 Redirect the sled.**

Turn the sled onto a course that traverses the hill, if possible. Gradually try to turn uphill to lose speed. An abrupt turn could send you flipping out of control.
- 4 Roll off the sled.**

Perform a single, sideways roll off the sled. If you were on your stomach, you will now be on your back sliding head-first down the hill. Roll one more time so that you are on your stomach. If you were riding the sled feet-first, you will be on your stomach sliding feet-first down the hill.
- 5 Protect, then roll.**

If tumbling out of control on a hill with obstacles, protect your head and face.



- 6** **Dig the toes of your shoes into the snow.**  
Dragging (if head first) or digging (if feet first) with your toes to slow your descent only works on powdery snow. If you are on hard-packed snow, do not dig your feet while sliding or you risk flipping over.
- 7** **Use your hands.**  
Dig your hands into the snow in “dog paddle” fashion. If you are sliding head first, this will cause your legs to swing around, and you will be descending more safely feet first. Avoid running into trees and do not grab stationary objects: An abrupt stop may dislocate a shoulder.

- 8** **Once stopped, push up from the side of the hill.**  
Get up by moving your weight to your hands and feet. (Synthetic clothing slides on snow and tends to make the body function as a sled.)
- 9** **Climb or descend the hill slowly or wait for help.**  
Do not remain in the middle of a hill being used by sledders unless you are unable to move. Retrieve your sled only if you can proceed safely.

### **Be Aware**

If multiple riders have to abandon the sled, dive off the sled on opposite sides, at staggered intervals, so that you do not injure each other when you roll.