

Know the risks

During the 2015-2016 season, more than 85 people came to Cascade Medical Center with injuries from sledding, including 5 cases that required transfers to next-level trauma care.

Top injuries:

- Fractures, especially wrist, ankle and spine
- Lacerations, including cuts from broken sleds



CASCADE MEDICAL
PARTNERS IN YOUR HEALTH

In partnership with:



SLED

Leavenworth

Safety tips

- Choose your location carefully.
- Avoid sledding on hard ice.
- Avoid jumps and dips.
- Point your feet downhill.
- Wear a helmet and other body armor, such as wrist guards.
- Dispose of broken sleds immediately.
- Do not tow sleds behind cars or ATVs.

Features to look for

- A gentle slope with a long, flat run-out
- No trees or exposed rocks along the sledding area
- A safe path back up the hill, out of danger of other sledders
- Easy ambulance access
- Cell phone reception for 911 calls
- An area free of exposed, broken sleds
- Safe distance away from water
- Powder or soft snow conditions

Watch out for ...

Here are some potential hazards at three popular sledding areas:

- 1. Private lot behind Heidleburger:** Sledding is considered trespassing and therefore, illegal. Safety issues include jumps, sharp debris and bystanders in the run-out area.
- 2. Enchantment Park:** The park is closed to sledding and ambulance access is difficult. Safety issues include trees, rocks, unexpected bumps, sharp debris and bystanders in the run-out area.
- 3. Front Street Park:** Safety issues include sharp debris, bystanders and a short run-out into traffic.

Commercial hills

Lt. Michael Adams Tubing Park (pictured)

What's there: Rope tow, 100-foot hill, provided tubes, attendants, a curvy run-out

Cost: \$20 for 90 minutes

Hours: Varies, call ahead

Address: 10701 Ski Hill Drive, Leavenworth

Contact: (509) 548-6975, skileavenworth.com

Leavenworth Golf Course

What's there: Gentle slope maintained by groomers, bring your own equipment

Hours: 9 a.m.-3 p.m.

Cost: \$5 individual, \$10 family

Address: 9101 Icicle Road, Leavenworth

Contact: (509) 548-5477, skileavenworth.com

