

# **Temiskaming Hospital**

February 27, 2008

## **Snowmobiles: Safety Tips for Families**

Many families are heading outside for some great winter fun and snowmobiles are often a part of that. You may not know that in Canada, snowmobiling is associated with the highest rate of serious injury of any popular winter sport. Head injuries are the leading cause of morbidity and death on snowmobiles.

To safely drive a snowmobile, you need to be strong, skilled and mature. That's why the Canadian Pediatric Society recommends that children younger than 16 years of age should not operate snowmobiles. It also takes strength and stamina to hold on tight for a long period of time, often while going over bumpy ground at high speeds. For this reason they also recommend that children younger than six years old should never ride as a passenger.

Many children have been injured while being towed on a saucer, tube, tire, skis or sleds. If you must tow someone, it is recommended that you use a sled or cutter attached to the snowmobile with a rigid bar connection. Also, travel at a low speed away from trees, rocks and other vehicles.

There are many great resources with other safety tips for people enjoying snowmobiles. You may want to look at the Canadian Pediatric Society's website for more suggestions that were developed after studying data from the Canadian Hospitals Injury Reporting and Prevention Program. This can be found at [www.caringforkids.ca](http://www.caringforkids.ca).



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### Visiting Hours:

- 1000 to 2000 hours for medical patients, surgical patients and Long-Term Care patients;
- 1400 to 1600 hours and 1800 to 2000 hours for obstetrics;
- Visitors to the Special Care Unit (SCU) are restricted to immediate family and/or significant other(s).