

HOW TO CONTROL A STROLLER IN EXTREME CONDITIONS

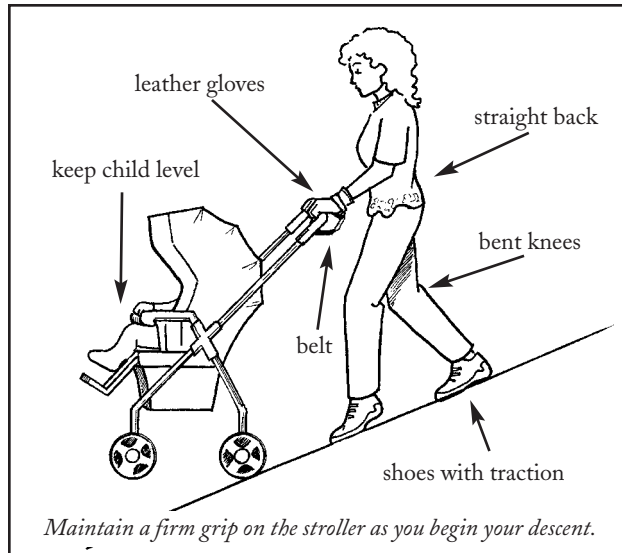
SNOW AND ICE

- 1 Wear hiking boots.**
Put on boots or shoes with rubber soles and thick treads for good traction. Avoid high heels and shoes with smooth leather soles.
- 2 Add ballast.**
Place full formula bottles, bricks, or books over the stroller's wheels to provide added stability and traction.
- 3 Keep one foot firmly planted.**
Walk so that at least one foot has good traction continuously. If you begin to slide, slow down.
- 4 Hold the handles firmly.**
- 5 Avoid sharp turns and sudden movements.**
- 6 Steer into the slide.**
If the stroller begins to slide, bend your knees and steer into the slide. Avoid sudden corrective measures that may make the stroller harder to control or cause a spin-out.

- 7 Do not lean on the stroller.**
A stroller will not support the weight of an adult. Leaning on the stroller for balance may propel the wheels across the ice and cause you to lose your balance and control.
- 8 Abandon the stroller only in case of severe emergency.**
If you must abandon the stroller, use downed tree branches to mark the spot for recovery later. Remove the baby and other necessary items.

DOWN A STEEP HILL

- 1 Assess the slope.**
Do not roll children in strollers down a hill steeper than 30 degrees. If the hill looks very steep, or if you have trouble maintaining your footing, choose another path.
- 2 Check the safety belt.**
Buckle the stroller's safety belt snugly against the child, but not so tight that it causes pain.
- 3 Secure any loose items.**
Bottles, books, and toys stored in stroller pockets or in the basket underneath may come loose during the descent. Use spare diapers to wedge these items in place, or leave them behind.



4 **Maintain your grip.**

Firmly hold both handles of the stroller at all times. If your hands are sweaty, dry them with a burping cloth before descent. Wear leather driving gloves to increase grip: Do not wear ski mittens, which are slippery.

5 **Lift up the front wheels.**

Angle the stroller so that the child stays level and does not pitch forward.

6 **Begin the descent.**

Move slowly, keeping your knees bent and your back straight. Avoid leaning forward or you risk toppling onto the stroller.

7 **Adjust the angle of the child and stroller.**

If the child is pitching forward, put additional downward pressure on the handles and angle the front wheels further toward the sky.

8 **Rest periodically.**

If you become tired, turn the stroller uphill so that the child faces toward the crest of the hill, and stand below it, facing the same direction. Apply the parking brake. Keep your legs straight while in this resting position.

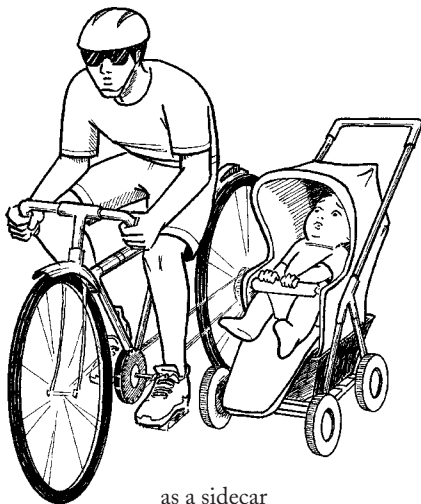
Be Aware

For added safety, remove your belt and lash your wrist to one of the handles of the stroller or to the handle bar. Wrap the belt several times around your wrist and then around the handle, then fasten the buckle.

DO NOT USE A STROLLER . . .



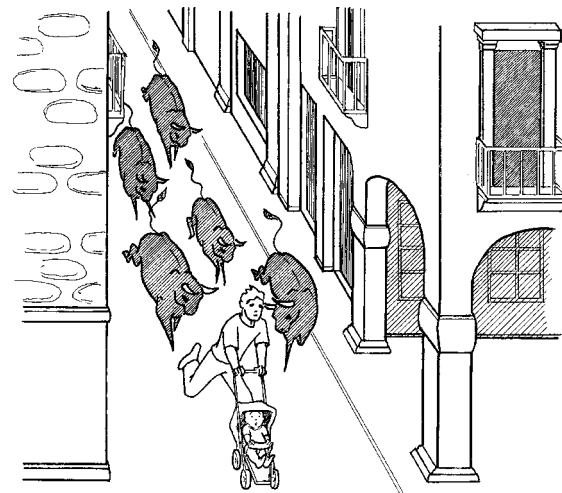
as a shopping cart



as a sidecar



as a scooter/skateboard



when running with the bulls in Pamplona