



9 Tips for Promoting Safe Physical Activity

1. Dressing for Active Play

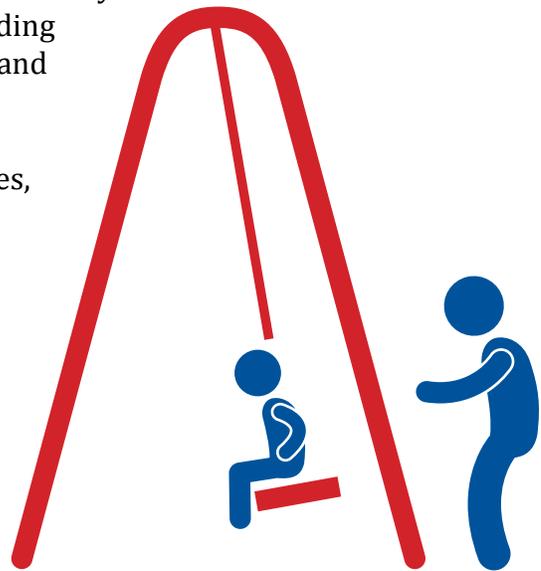
- Drawstrings, loose jackets, baggy pants, and long hair can often get tangled up in play equipment. Encourage parents to look for well-fitting clothes with Velcro, elastic, or snaps, and invite children to tie back long hair. Parents and practitioners should also note seasonal considerations, such as sunscreen or mittens
- Some shoes provide better grip, stability, and safety than others- some slip on shoes, sandals, and socks might be slippery or fall off a child's feet. Encourage parents to look for shoes that enclose a child's heel, and for boots that fit snugly

For more information, please check out:

- > http://www.caringforkids.cps.ca/handouts/footwear_for_children
- > <http://www.parentingtoddlers.com/toddlershoes.html>

2. Playing Safely on the Playground

- Always follow safety guidelines your jurisdiction may have surrounding play structure safety, including the height of the structure, type of activities, and landing surface required
- The Canadian Pediatric Society states that monkey bars, trampolines, climbing structures, and swings are the cause of most playground injuries. Looking for bucket swings, low equipment, and handrails, implementing some rules, and active supervision can help to reduce this risk
- Playground rules might include: waiting your turn, holding onto handrails, sitting down on swings, sliding feet first, and respecting 'safety zones' at the bottom of slides, climbing areas, or around swing sets



For more information, please check out:

- > <http://www.cps.ca/documents/position/playground-injuries>
- > http://kidshealth.org/parent/firstaid_safe/outdoor/playground.htm#
- > <http://www.safekidscanada.ca/Professionals/Safety-Information/Playground-Safety/Index.aspx>
- > <http://www.childsafetylink.ca/toddler-safety/playground-safety.html>
- > <http://www.livestrong.com/article/221698-playground-safety-facts/>



3. Being Safe while Active Indoors

- Consider the space available and the other materials in the room. Watch for glass doors or nearby windows, provide soft floor surfaces, and block off any potential hazard areas

For more information, please check out:

- > <http://www.nhs.uk/Change4Life/Pages/play-for-life.aspx>



4. Water Safety

- According to Safe Kids Canada, children can drown in as little as 2.5cm of water- this includes buckets of water, small pools, natural puddles, and playground water features. Close supervision, proper training, appropriate lifesaving equipment, a proper fitting personal flotation device (lifejacket) and fencing or barriers around water areas are important

For more information, please check out:

- > <http://www.safekidscanada.ca/Professionals/Safety-Information/Drowning-Prevention/Index.aspx>
- > <http://www.redcross.ca/article.asp?id=881&tid=024>
- > <http://www.lifesaving.ca/main.php?lang=english&cat=watersafety>

5. Snow Safety

- Young kids need to go inside frequently to warm up and re-hydrate
- Colder temperatures require appropriate clothing (jacket, boots, mittens, snow pants) and layering. A child's head, ears, and hands should always be covered. Any wet clothing should be quickly removed
- Safe Kids Canada recommends kids should not play outdoors if the temperature is below -25°C or if the wind-chill is -28°C or colder
- The Canadian Red Cross requires that ice be at least 20cm thick for skating or walking as a group
- Special safety precautions should be taken for building snow forts and tobogganing, including not building by the road, maintaining safe distances from other forts and sleds, not overcrowding a sled or snow structure, and wearing helmets

For more information, please check out:

- > <http://www.childsafetylink.ca/toddler-safety/seasonal-safety/winter-and-sledding-safety.html>
- > <http://taketherooffwinter.ca/safety.php>
- > <http://www.redcross.ca/article.asp?id=20590&tid=021>

Adapted from Healthy After Schools



6. Playing Safely in your Surroundings

- Rural childcare centers should take special precautions surrounding natural hazards, such as wildlife, streams, or local poisonous vegetation, and farm safety

For more information, please check out:

- > <http://www.safekidscanada.ca/Professionals/Safety-Information/Farm-Safety/Index.aspx>
- > <http://www.fs4jk.org>
- > http://jcsda.com/kids/wilderness_tips.htm
- > http://health.kaboose.com/active-kids/hiking_tips.html
- > <http://www.cbif.gc.ca/pls/pp/poison>

- Urban childcare centers should consider traffic safety for both walking and playing

For more information, please check out:

- > <http://www.childsafetylink.ca/child-safety-3-5/pedestrians.html>
- > <http://www.safekidscanada.ca/Professionals/Safety-Information/Pedestrian-Safety/Index.aspx>
- > <http://www.wehealthunit.org/family-health/safety/booklets/Kidestrian-Book-WECHU-Logo-SingleFinal-Nov-08.pdf>

7. Using Helmets and Protecting Heads

- Children should always wear CSA, SNELL, ATSM, or EN approved proper fitting helmets for wheeled activities, like using a tricycle, and sliding activities, like sledding. Practitioners should monitor children for concussion-like symptoms after a head injury in any physical activity setting

For more information, please check out:

- > <http://www.safekidscanada.ca/Professionals/Safety-Information/Wheeled-Activities/Index.aspx>
- > <http://www.childsafetylink.ca/child-safety-3-5/helmets.html>
- > <http://kidshealth.org/parent/general/aches/concussions.html>





8. Being Aware of Outside Allergens

- The Air Health Quality Index monitors air quality in Canada, and assigns a health-risk ranking (low, moderate, high, very high). The scale has been adapted for children and recommends that children with asthma or respiratory issues limit outside physical activity on moderate or high health-risk days. On very high-risk days, no children should play outdoors
- Pollen forecasts should also be monitored for children with respiratory allergies

For more information, please check out:

- > <http://www.ec.gc.ca/cas-aqhi/default.asp?lang=En&n=CB0ADB16-1>
- > <http://www.ec.gc.ca/cas-aqhi/default.asp?lang=En&n=3D802E46-1>
- > http://www.theweathernetwork.com/pollenfx/canpollen_en/
- > http://kidshealth.org/parent/medical/allergies/ozone_asthma.html

9. Trampoline safety

- The Canada Safety Council recommends that children should be six years old before they are allowed to use a trampoline.

For more information, visit:

- > canadasafetycouncil.org/child-safety/safety-tips-backyard-trampolines
- > www.theguardian.com/lifeandstyle/2013/aug/11/are-trampolines-safe-children-play

Adapted from <http://blog.zisboombah.com/?s=kids+drinking+water> and <http://www.livestrong.com/article/102931-child-drink-water/>