

A Parent's Checklist: Sports & Recreation Safety

- Is the playground surface made of soft material like rubber matting or wood chips?
- Is playground equipment attached securely to a safe surface, free of loose parts, rust, or splintered wood?
- Are children supervised on playground equipment?
- Are children encouraged to avoid pushing and shoving and to wait their turn to use playground equipment?
- Have children been taught how to use slides, swings and other equipment safely?
- Have children been taught to keep a safe distance when others are swinging?
- Do children wear the proper protective gear for the sport they are playing:
 - Football: pads, helmet, mouth guard?
 - Baseball: mitt and batting helmet?
 - Soccer: shin guards?
 - Biking: helmet, knee and elbow pads?
 - In-line Skating: helmet, wrist guards, elbow and knee pads?
- Do children dress properly for outdoor winter play: winter weight coat, hat, gloves and boots?
- Is sledding equipment sturdy, safely constructed and easily steered?
- Do children sled on a packed snow (not ice) surface that is free of rocks, trees and other obstacles, and away from traffic?

*Source: National Program for
Playground Safety*

Check out our course list online for a variety of safety trainings provided across the state at

www.ndsc.org

The North Dakota Safety Council is a private non-profit organization supported through grants, donations, memberships and training.

