



STAYING SAFE DURING PHYSICAL ACTIVITY



Today we learned about the importance of staying safe during physical activity. We learned that there is essential equipment to prevent injuries and keep us safe. This equipment includes: helmets, eye protection, mouth guards, wrist, knee and elbow guards or pads, protective cups for males, and footwear. We learned the importance of replacing any worn out, no longer supportive or well-fitting equipment to prevent injury.

We also talked about the importance of warming up and stretching before getting into play, game or sporting event. Warming up will prevent injury and promote flexibility. We also learned that we should stay off the court or out of the game when injured, or not fully healed from an injury or sick with illness. Following rules, regulations, and proper techniques can keep our children safe and injury free.

AT HOME ACTIVITY

It is very important to have equipment that fits right. Children can grow so fast that it is important to make sure they have not outgrown their equipment. Before the sport, game or play, always check the size and fit of the equipment. Helmets are a perfect example to make sure they fit right.

Here is how to make sure your child is wearing a bike helmet the right way.

- Is the helmet the right size? Your child's helmet should fit snugly. Make sure it doesn't move side to side. Some helmets come with sizing pads that can be used to make sure it fits your child's head.
- Is the helmet in the right position? Your child's helmet should sit level on top of his or her head. The rim of the helmet should be one or two finger-widths above your child's eyebrows.
- Have the side straps been adjusted? Make sure the straps of the helmet form a "V" shape under your child's ears. Adjust the sliders as needed.
- Is the chin strap buckled? Buckle the strap and tighten it until it is snug. Make sure that no more than one or two fingers fit under the strap.

QUENCH YOUR THIRST



Every part of your body needs water. In fact, water makes up 60 percent of body weight.

Dehydration happens when there is not enough water in your body. It can cause headaches, nausea and fatigue (tiredness). You may need more water in hot temperatures or if you sweat a lot.

If you're getting enough water you'll rarely feel thirsty. Your urine will also be clear or slightly yellow. Dark yellow urine is a sign of dehydration.

Drinking more water is one of the simplest things you can do to be healthier.