

Safety Stations & Obstacle Course

- Opening Ceremony
- Safety Talk
 - Why do you think it's important to stay safe?
 - What are some ways your family stays safe?
- Safety Stations (You can either do these one at a time or break into smaller groups for more individual attention):
 - Station 1: Shoe Tying
 - Station 2: Street, Bike, Car & Home Safety
 - Check if they know their safety information
 - Address
 - Phone Number
 - Full Name
 - Parent Names
 - Bike Safety
 - Helmets
 - Right side of the road
 - Watch out for cars and pedestrians
 - Car Safety
 - Seatbelts
 - Never throw things in the car
 - Stay sitting safely
 - Road Safety
 - Crossing the street & looking both ways
 - Stay on the sidewalk
 - Home Safety
 - Fires
 - Stop, drop, and roll
 - Stay low to avoid smoke
 - Feel a door to see if it's hot before opening it
 - Be careful around outlets
 - Recognize and avoid poisons/medications
 - Preventing accidents
 - Climbing/furniture tipover
 - Station 3: Outdoor Safety
 - Campground Safety
 - Trip Hazards/Tent Guylines
 - Knives and Axes
 - Don't leave food out
 - Campfire Safety
 - Avoid getting too close to the fire
 - Be careful of trip hazards around campfires
 - Don't leave items too close to the fire
 - Put fires out completely
 - Hiking Safety

- Can you see two leaders?
- Never hike alone and make sure someone knows your plan
- Stay on the trail & avoid dangerous plants like poison oak
- Respect wildlife
- Water Safety
 - Wear a lifejacket
 - Don't swim without a grown up around
- Sun Safety
- First Aid: bandaging a cut
- Snack Time & Safety Story
- Safety Obstacle Course: Demonstrate What You Learned!
 - Tie a Shoe
 - Cross the “Road”
 - You can use chalk to draw a “road” on a park sidewalk for this
 - Stay on the trail, look but don't touch “wildlife”
 - Position stuffed animals in the trees or bushes
 - Put a bandaid on a doll's “cut”
 - Stop! Do you see two leaders?
 - You can put this on a sign and have the kids stop and look around to point at two leaders
 - Walk around a “campfire”
 - Guyline maze
- Wrap Up Talk
 - Talk about what we learned
 - Hand out child ID kits to fill out at home with parent
- Closing Ceremony

Related Activities:

- [Nature Collage](#)
- [Nature Walk](#)

Items Needed:

- Shoes to practice tying
- Poison activity page
- Chalk to make a “road” to cross
- Helmet to demonstrate bike safety
- Child ID Kits to send home
- Cones for obstacle course
- Camp chairs for “campfire”
- Tent stakes and paracord for guyline maze
- Stuffed animal “wildlife”
- Dolls, washable markers, bandaids
- “Stop! Do you see 2 leaders?” sign

- Safety book

Badge Requirements Covered:

Safety Badge

- Home Safety
- Camp & Hiking Safety
- Cross the Road Safely
- Prevent Accidents
- Clean and Cover a Cut
- Tie Your Shoes

Blue Activity Paw

- Obstacle Course

otter, home safety, camp and hiking safety, cross road, prevent accidents, cover cut, tie shoes, obstacle course

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