

# 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 Activites:

- [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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