# 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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