



PREVENTING CHILDHOOD RECREATIONAL INJURIES

Use of appropriate safety equipment is essential.

- Children should always wear activity-specific, properly fitting safety gear when participating in recreational activities.

Make sure children are prepared for the demands of their activities.

- Provide children with proper training and skills-building when they are learning a new activity, so that they are physically and psychologically conditioned for its demands.
- Ensure that children drink an adequate amount of liquids while engaging in recreation.

Adult supervision is necessary.

- Adults should be present at all times to ensure a safe environment and the enforcement of safety rules.