



At play



PARACHUTE SAFE KIDS WEEK



Tips for Safety At Play

Children actively participate in sports and recreational activities but are often injured due to the nature of play. In Canada, paediatric hospitals record over 18,000 sports related injuries in children each year. Play is important for healthy active living and can contribute to child development. Following simple rules to prevent injury and recognizing symptoms of injury can reduce harm and make play safe.

Concussion

- ◆ Learn to recognize signs & symptoms of a concussion; it can happen even without a direct hit to the head and without losing consciousness.
- ◆ Follow the Return-to-Learn process and then the Return-to-Play process, getting medical clearance before a child returns to sports.

Sports & Recreation / Team sports

- ◆ Use correctly fitted protective equipment.
- ◆ Encourage children to learn proper skills and techniques to protect themselves and others from injury.

Playground

- ◆ Choose a playground with a deep soft surface to better protect from falls.
- ◆ Keep children under ages five on equipment lower than 1.5 metres (5 feet).

May 30th – June 5th, 2016

parachutecanada.org/safekidsweek

Parachute Safe Kids Week — Parent Tips Sheet — At Play

- ◆ Remove drawstrings, helmets and other items like scarves, which can get caught in playground equipment.

Falls

- ◆ **Supervision is key:** Watch young children closely and use safety products like window guards and safety gates; wall-mounted gates must be used at the top of stairs and wall-mounted or pressure gates can be used at the bottom of stairs.
- ◆ **Avoid baby walkers:** Many children have sustained head injuries from falling down stairs in baby walkers. Baby walkers do not help children learn to walk and are banned for sale in Canada.
- ◆ **Use non-slip mats:** Use mats in high traffic areas like the kitchen and bathroom.

Water Safety

- ◆ **Supervise your child:** Stay beside children under ages five while in the water or playing near water. Children can drown quickly and silently.
- ◆ **Fence home swimming pools:** All four sides should have a 1.2 metre (4-foot) high fence with self-latching gate.
- ◆ **Get swimming lessons:** You and your child should know how to swim.
- ◆ **Use a lifejacket:** Young children should always wear a lifejacket near water.