

Stay active and safe this summer!

Keeping your children physically active over the summer improves their health, fosters better social skills, increases confidence and also keeps them from becoming bored. Encourage children to take an active role in their safety by thinking about any potential risks before they start their activities!



Here are some safety questions for kids to ask themselves:

- Is my bike fully tuned up?
- Are my in-line skates or skateboard in good shape?
- Is my helmet certified and specific to the sport I am doing?
- Does my equipment fit me properly (e.g., wrist guards, knee pads, lifejacket)?
- Do I understand the rules of the game and the skills needed for the activity?
- Am I playing in a safe area (e.g., in a park versus the road, or in a supervised pool or lake)?

**For health-related information call York Region
Health Connection at 1-800-361-5653 or visit www.york.ca**