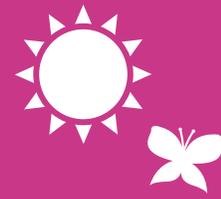


HOW TO DRESS FOR OUTDOOR SUMMER PLAY



Dress for the weather!

Being dressed for the weather is the first step to enjoying the outdoors (for both children and adults).

In summer, layer clothing that would be easy to remove on warm days or put back on when it becomes cooler and include the following:



On cool,
cloudy days



Wide brim hat

+



Lightweight
breathable clothing

+



Sunglasses and
sunscreen SPF 30+



On hot,
sunny days



Wide brim hat

+



Lightweight
breathable clothing

+



Sunglasses and
sunscreen SPF 30+

For daily play, sports drinks are not recommended.
Water should be the first choice before, during and after play.



Stay indoors or play in the shade between 11 a.m. and 3 p.m.
when the sun's rays are highest, or if the UV index is 3 or greater.



For more information on
physical activity for children, visit
york.ca/physicalactivity

OUTDOOR PLAY CLOTHES SHOULD

1 Be appropriate for the weather.

2 Include footwear that provides adequate support for running and climbing (e.g., gym/running shoes). No flip-flops, fancy shoes or shoes with slippery soles.

3 Allow for easy movement (not too loose and not too tight).

4 Stand up to wear and tear. No jewelry, "dress clothes" or special clothing that are not allowed to get dirty.

TRY THESE FUN OUTDOOR SUMMER ACTIVITIES



Go swimming with supervision



Make your own beach volleyball tournament with friends



Explore local parks and trails



Go roller blading, skateboarding and cycling



Play catch or create an outdoor fort



Have a water event with friends

| In cases of **EXTREME HEAT** consider these ideas for active **INDOOR** play

- Indoor camping
- Create your own indoor carnival
- Swim at an indoor public pool
- Visit a museum or local science centre
- Indoor balloon tennis



REMEMBER

Outdoor play involves lots of movement and could get messy. Go to york.ca/extremeheat for tips on staying safe in the summer

