



SAFETY MATTERS

## End of the School Year Outdoor Field Day Safety Tips

Statistics show school district employees are injured every year during the end of the school year outdoor field or play day activities.

These injuries occur when an employee:

- ❖ Slips, trips, and/or falls while participating in games or other activities;
- ❖ Is struck by students who are running and/or playing games; or
- ❖ Pulls a muscle while participating in games such as tug-a-war or 3-legged races.



Keep these safety tips in mind when planning and supervising students during outdoor field day activities:

- ✓ Select a safe area free from animals, nests, animal droppings, poisonous plants, i.e., poison ivy, etc.
- ✓ Inspect the area **several days before and again the day of the event**, looking for:
  - Trip hazards, i.e., uneven ground, holes, abrupt changes in surface elevations, tree roots and stumps, rocks, sprinklers, etc.
  - Slip/fall hazards such as loose materials (sand, gravel, rocks, bark chips, etc.) in areas where games will be played.
  - Foreign objects - broken glass, nails, trash, rocks, broken tree branches, etc.

*IF YOU SPOT A HAZARD, REPORT IT so it can be addressed before your outdoor field day activities!*

- ✓ Dress appropriately -
  - Wear loose fitting, comfortable clothing that will not restrict your movement.
  - Select shoes with good tread and no or low profile heels. Avoid wearing sandals or flip-flops.
  - Consider wearing sunscreen and insect repellent if needed.
  - Avoid wearing perfume and/or scented hairsprays which could attract bees.
- ✓ Stay hydrated
- ✓ Stretch/warm-up before playing any games -
  - Start off with some light yoga or stretching activities.
  - Professional athletes take time to warm up; you should too!
- ✓ Stay alert so you don't get hurt and position yourself to protect your back
  - Employ the 360 rule for safety - continually looking up, down, and ALL around.
  - Don't turn your back on the area where students are running and playing.



*"It's all fun & games until somebody blows out an ACL." ~ "Crash" Harrison*