Getting to School Safely:

Protect children around the bus:
- Parents should drop and pick children up on the same side of the road as the bus stop
- Be on time, wait on the side walk, and avoid horseplay
- Wait for bus to come to a complete stop before approaching the door
- Don’t walk behind the bus and walk at least 10 feet in front of the bus
- Never reach under the bus to get something

Teach children the following pedestrian safety rules:
- Do not cross the street alone if you are younger than age 10
- Cross only at intersections and crosswalks
- Make sure drivers are at a complete stop before crossing
- Look left, right and left again when crossing the street
- Always use sidewalks or walk facing traffic if there are no sidewalks

Sports Safety:
- Have your child get a physical before each season
- Children should warm up before playing and cool down afterwards
- Keep players hydrated
- Use sunscreen (SPF 15 or higher) every 2 hours
- Make sure there is a person certified in CPR and first aid present at each game
- Learn the rules
- Only play with other children at the same skill level

Equipment:
- Have children use the appropriate safety gear for the sport they are playing
- Inspect playing equipment to make sure it is in good condition and is appropriate for age and size

The Field:
- Inspect field for obstacles and holes to avoid tripping and falling
- Beware of a movable soccer goal, it is more likely to tip over