Outdoor Exercising Safety
The warm weather brings lots of opportunities to Get Up and Move! outside. We all need
to take special precautions when we play outside, whether it’s at home in the yard, on a
walk, at the local swimming pool or lake, or on a bike ride. This month, members will learn
some basic safety precautions to keep themselves healthy and safe while exercising
outdoors. Areas that will be covered are:

- Pedestrian safety
- Bike safety
- Safety in the pool
- Sun safety

Club Roll Call: What is one outdoor activity rule that you follow?

Physical Activity Calendars
Collect the April Physical Activity Calendar from each participant. Record each
individual’s total number of activity minutes on the Get Up and Move! Club Chart.

Have a short discussion to review the Physical Activity Pyramid and reflect on their
activity for the past month. Have each individual look closely at his or her calendar to see
how his or her activity matches the advice from the Physical Activity Pyramid.

Reflection Questions:
Did you see an increase of physical activity over days in April?
Did you get at least 30 minutes of moderate activity each day?
Did you get at least 15 minutes of intense activity, 3 times a week?
What new activities do you think you can try for the month of May?

Pass out the May Physical Activity Calendar.

Educational Activity
This month’s physical activity is called Driving School. Members will pretend to be the
drivers of automobiles or bicycles and move around the activity area. Leaders will call out
the provided traffic commands, and members will have to respond by changing the way
they are moving. Members involved in a “collision” will have to report to the Body Shop,
where they will have to do ten jumping jacks before they can rejoin the traffic. This fun
activity will teach members some basic traffic rules and also get them up and moving!
**Recipes/Snacks**
This month's snack is **Dessert Nachos**. Nachos are a popular Cinco de Mayo dish. Instead of cheese, tomatoes, and sour cream, this recipe uses coconut, fruit, and vanilla yogurt, making it ideal for this time of year!

**Family Activity**
Members and their families can explore Illinois on their bicycles. This month’s family activity is a **family bike ride** around the neighborhood, community, or state. Families can review the rules of bicycling together and the proper hand signals to use before they leave. Also provided in the family activity guide is a link to maps of Illinois bike trails.

**Community Activity**
A variety of projects can be done for this month’s community activity. Members can explore the possibility of attending or assisting with a safety class offered by their local park district or police department. They can also volunteer their time to help clean up a local bike path. Enrolling in swimming lessons is a way to help members to stay safe in the water and to learn water safety rules. Courses given by local agencies in first aid, CPR, and aquatics are available for youth to become better able to act in safety situations. All of these activities will help members to get out into their communities and explore safety.

**Ties to 4-H Projects**
Members will learn about safety in outdoor activity through a variety of projects. Bicycling safety topics, such as learning street signs, signaling, safe driving, night driving, and wet conditions, are topics in the various **Bicycle Adventures** projects. In **Outdoor Adventures**, youth can explore safety while hiking and camping. They can also learn weather safety, first aid, and safe cooking. Members interested in **Performing Arts** can create a skit about safety and how to be safe while doing various activities. Youth enrolled in **Visual Arts** can make a poster that explains some important safety concepts.

All **Get Up and Move!** materials can be found on the State 4-H website at [http://www.4-h.uiuc.edu/opps/move](http://www.4-h.uiuc.edu/opps/move).
Each day fill in what physical activity you did and how many minutes you did it.

**Name** ___________________________________

### May

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### Bicycle Safety Maze

Help the bicycle find its way safely through the maze!

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University of Illinois Extension provides equal opportunities in programs and employment.

For more resources visit: www.4-h.uiuc.edu/opps/move
Dessert Nachos

6 6-inch flour tortillas (whole wheat may be used)
5 cups fresh strawberries, divided
2 tablespoons orange juice
3 tablespoons sugar, divided
¼ teaspoon ground cinnamon
16 ounces low fat vanilla yogurt
1 cup shredded coconut

Make tortilla chips: Cut tortillas into triangles, lay them on a baking sheet, and spray with cooking spray. Combine 2 tablespoons of sugar and cinnamon, sprinkle evenly over the tops of the tortillas and bake for 12 minutes or until crisp at 350°F.

Strawberry sauce: Combine 3 cups of fresh strawberries, cleaned and hulled, 2 tablespoons orange juice and 1 tablespoon sugar in a blender. Puree the ingredients until smooth.

To serve: Place cooled chips on a plate. Set out separate bowls containing strawberry sauce, vanilla yogurt, 2 cups of chopped strawberries and 1 cup of shredded coconut. Individuals may prepare and enjoy their own Dessert Nachos.

Serves 10.
Driving School! (20-25 minutes)

Activity set up:
- Clear a large area with enough room for members to move around for this activity
- (Optional) Tape or rope to designate a “Body Shop” area

Step 1: Information to share with club members (10-15 minutes)
As the weather warms up, you are probably exercising and playing outside more than you did in the winter. How many of you have played outside in the past week? What activities have you done outside? (Ask a few members for responses). Great! It sounds like you are doing some fun things outside.

When we exercise outside, we need to make sure we follow some rules so that we are safe. First we are going to talk about some basic safety rules.

Who can tell me what a pedestrian is? That’s right! A pedestrian is someone who is on foot, as opposed to being on a bike or in a car. When you are a pedestrian, you need to follow certain rules. What are some of these rules? (Guide members’ responses to the following):
- stop at curb before crossing a street
- cross at intersections and use traffic signals and crosswalks
- look both ways before crossing (left, right, and left again)
- walk on sidewalks when possible (if there are no sidewalks, walk on the left side, facing traffic)
- don’t play in streets or parking lots

- when playing outside or walking at night, wear light-colored clothing or reflective tape

Another popular summer activity for kids is bike riding. When you ride a bicycle, you need to take special precautions to be safe. What rules are there for bicycle safety? (Guide members’ responses to the following):
- Observe traffic signs
- Know hand signals (right – left arm bent and raised; left – extending left arm straight out to side; stop – left arm bent and down)
- Ride single-file on streets and highways
- Make sure your bike is in good condition
- Wear light-colored clothing or reflective tape, especially at night
- Always wear a helmet
- Ride smart! Watch out for uneven surfaces, rocks, pedestrians, and cars

Swimming is another fun activity that keeps you cool and gives you exercise. Whether you swim in a pool or a lake, you need to follow some special rules. What are some of these rules? (Guide responses to the following):
- Always swim with a buddy, never alone
- Never run, push, or jump on others around water
- If you are not a strong swimmer, wear a life jacket when you are in or near an open body of water
- Learn to swim
- Swim only within designated safe areas
- Always obey the lifeguard on duty
- Before diving into water, be sure it is deep enough
Do not be in or near water during thunderstorms or lightning.

Sunshine is a welcome change from a cold, dark winter. However, the sun and its rays can also be dangerous if precautions aren’t taken. Let’s go over some sun safety rules together.

- When playing outside, always wear a sunscreen with SPF 15 or higher. Apply liberally and reapply every two hours or after swimming.
- Wear sunglasses! The sun’s rays can harm your eyes, too.
- Limit sun exposure between 10 a.m. and 4 p.m. These are the hours in which the sun’s rays are strongest.
- Cover up and wear a hat.
- Drink lots of fluids to keep from getting dehydrated.
- If you feel nauseated, faint, or ill while out in the sun, go indoors. Watch out for heat exhaustion and other heat-related illnesses.
- Treat your sunburns, if you get one. Stay out of the sun and use aloe vera gel. Take a cool bath or apply cool compresses to your skin.

(Sources: www.kidshealth.org, www.safekids.org)

Step 2: Group Activity (10 minutes)

Today’s activity is called Driving School. We are going to pretend we are the drivers of cars or bicycles, moving all around the room. I will call out commands for everyone to obey, since we know an important safety rule is following traffic signals and rules.

I want everyone to hold their hands in front of them as if they are holding the steering wheel of a car or handlebars of a bicycle. When I say “green light,” you will pretend to be cars or bikes and walk at a normal pace around the room. When I call out traffic commands, you must obey them! You cannot collide with other drivers. If you touch another driver at all, you are part of a collision. You must report to the “Body Shop” (Designate a Body Shop area off to the side and out of the way. You may even tape or rope off this area). While in the Body Shop, those involved in the collision must do repair work by doing ten jumping jacks. You must also shake hands with the other driver and say “I’m sorry. Please drive safely.” Then you can exit the Body Shop and continue playing.

Start game by saying “green light,” which means walk at a normal pace. Every 30 to 45 seconds, call out the commands below in any order. Follow each command with its instruction.

Commands:

Green Light – walk at a normal pace
Yellow Light – move slowly
Red Light – stop
School zone – skip
Neighborhood – march
Highway – run
Reverse – move backwards, making beeping sounds
Emergency vehicle – move to the side of the activity area and wait for the next command
One way – move clockwise
Oil slick – make quick turns to avoid pretend “oil slicks”
Pot hole – leap
Tunnel – duck as you walk
Flat tire – hop on one foot
Traffic jam – move closer to other members and shuffle your feet slowly

(Source: National Institute of Child Health and Human Development)

Get Up & Move!
Get Up & Move!

Parent Newsletter Series 3: May

Outdoor Safety
The warm weather brings lots of opportunities to Get Up and Move! outside. But we all need to take special precautions when we play outside. One potential source of danger is the sun. We all need some sun exposure; it’s our primary source of vitamin D, which helps our bodies absorb calcium. It doesn’t take much time in the sun for most people to get the vitamin D they need, and unprotected exposure to the sun’s ultraviolet (UV) rays can cause skin damage, eye damage, immune system suppression, and even cancer. It’s important that parents teach their children how to enjoy fun in the sun safely.

• Avoid the strongest rays of the day
  o Avoid being in the sun for prolonged times when it’s highest overhead and therefore the strongest (normally from 10 a.m to 4 p.m.). If your child is in the sun between these hours, use sunscreen.
  o Beware of “invisible sun.” Even on cloudy, cool, or overcast days, UV rays travel through the clouds and burn the skin.

• Cover up
  o Bring along a wide umbrella or a pop-up tent to play in. Have your child wear a light-colored long-sleeved shirt if it’s not too hot.
  o Don’t forget about sunglasses! They can protect the eyes from UV rays.

• Use sunscreen
  o Use sunscreen whenever your child will be in the sun.
  o Apply sunscreen about 30 minutes before going outside. Don’t forget about lips, hands, ears, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them.
  o Don’t try to stretch out a bottle of sunscreen. Apply sunscreen generously and don’t skimp!
  o Reapply sunscreen often, approximately every 2 to 3 hours or after your child is sweating or swimming.
  o Use waterproof sunscreen if your child will be around water or swimming. Water reflects and intensifies the sun’s rays.

• Know how to treat a sunburn
  o Have your child take a cool bath or apply cool, wet compresses to the skin.
  o Apply pure aloe vera gel to any sunburned areas to relieve pain and help the healing process.
  o Give your child a pain reliever like acetaminophen or ibuprofen.
  o Apply topical moisturizing cream to rehydrate the skin. For severely burned areas, apply a thin layer of 1% hydrocortisone cream. Do not use petroleum-based products or products with benzocaine.
  o Keep your child in the shade until the sunburn is healed.

(Sources: www.epa.gov, www.kidshealth.org)
Get Up & Move!

Family Activity Series 3: May

Bike riding is a great way to exercise in the warm weather. For this month’s family activity, go on a bike ride together.

Before you start, review all bicycle safety rules, including:
- All traffic signs and rules
- Know hand signals:
  - Ride single-file on streets and highways
  - Make sure your bike is in good condition
  - Wear light-colored clothing or reflective tape, especially at night
  - Always wear a helmet
  - Ride smart! Watch out for uneven surfaces, rocks, pedestrians, and cars

Before you leave, practice bike safety in your driveway by creating safety scenarios. Set the scene by drawing a street and crosswalks with chalk. Create props for stop signs, motor vehicles, and other obstacles you might face while riding your bikes on a real street. Examples:

- Practice stopping at stop signs and using hand signals when turning.
- Cross the “street.” When crossing, make sure to walk, not ride, your bike.

Pick a safe route! Do you have a local bike path or large park in your area to which you can ride? For a bike trail in your area, please see [http://www.dot.state.il.us/bikemap/STATE.HTM](http://www.dot.state.il.us/bikemap/STATE.HTM).

Have fun and be safe!
Community Safety Activities

There are a number of activities you can do this month that involve your community. Here are some ideas.

- Call your local park district or police station to find out if they offer a class for youth about safety. Many police departments have a public safety division that gives safety presentations on pedestrian safety, bicycle safety, and water safety. Attend one of these safety presentations or ask if you can be a part of it somehow.

- Does your local park department help to keep area bike paths looking nice? See if you can help to clean up the bike path by removing trash and other debris. This is a great service activity that will keep your community’s bike paths looking clean.

- Learning to swim can help you to be safe in the water. Enroll in swimming lessons at your local pool. You can learn how to swim underwater, swim on top of the water, float, and dive safely.

- Take a safety course. Agencies like the American Red Cross offer classes to youth in first aid, CPR, aquatics, and water safety classes. You can learn to be safe and to help others to stay safe!