



Dear Educator,

This file offers views of some of the worksheets in our “Outdoor Safety” thematic unit. The cover for an eWorkbook is shown followed by the preview pages.

The “Outdoor Safety” unit offers 18 pages.

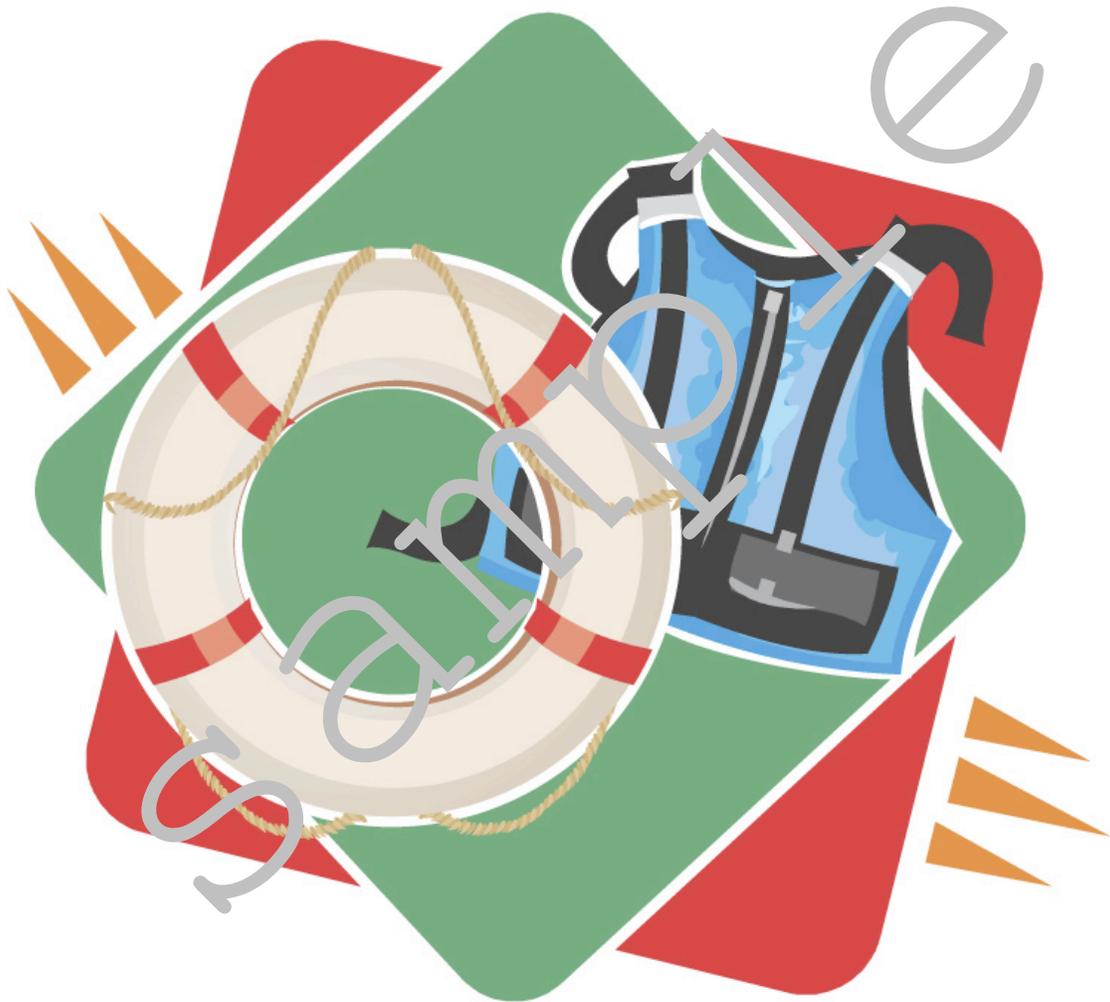
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# Outdoor Safety



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Outdoor activities can be great fun. But with that fun comes learning how to protect yourself from things that can cause harm.

There are three basic areas that require a little knowledge, practice and care. They are water, weather, and wheels. There are a few other things that can cause injury. We will discuss them later in the unit.

The most important thing to remember about water safety is **LEARN HOW TO SWIM**. The YMCA, Red Cross, and Boys and Girls Clubs have swimming classes all year long.



There should always be an adult at the swimming pool to keep everyone safe. Do not go swimming alone. Problems can occur even for excellent swimmers. Do not run in areas close to a pool or play rough when in the water. Do not dive into water that is less than six feet deep.

Wear waterproof sunscreen when at or in the pool. Water reflects the rays of the sun back at your face and upper body. You will burn faster when your skin is wet.



## Safety Rules Around the Pool.

**Learn how to swim.**

**Never swim alone. Kids should always swim under adult supervision and older children**

**Never run around the pool.**

**Plastic toys and floats cannot protect a child from drowning.**

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## Weather

For many months of the year, the weather can be unstable. It can be cool or warm for long periods or change to storms and danger in the stroke of a lightning bolt. Each season can produce severe weather such as thunderstorms, hurricanes, tornadoes, cyclones, and hail.



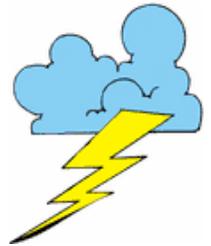
can rise quickly.

If you are outside during a sudden storm, try to find shelter in a firm building. If there are no buildings around, find a low place on the ground. This does not mean in a ditch or dry creek where water

Do not touch anything metal during a lightning storm. That includes your bike or scooter. Lay it on the ground and lay down at least two body lengths away.

Do not take shelter under a tree. Bushes and wooden fences will protect you a little from the wind and blowing dirt. Against a rock wall or under a sturdy rock ledge is also a safe shelter.

When the storm is over, go home and into dry clothes quickly. You should be careful not to go near areas where rain water has made deep puddles or is moving quickly. Call home for someone to come get you if you need to.



Read the words below. Write the definition on the lines.

1. shelter \_\_\_\_\_

2. weather \_\_\_\_\_

# Outdoor Safety

## CRISS CROSS

Can you fit these words into the criss cross?  
Use a pencil so you can erase if you need to.

wheels

heat

skate

camp

scooter

storm

plant

bike

