JSCOTT GROUP OUTDOORS

Outdoor Safety Tips

Key do's and don'ts to help kids stay safe outside.

Do

Stay with your group
Keep your buddy and the adult in charge in sight. Follow marked trails and stop at trail crossings.

Dress for the outing
Wear sturdy shoes and layers. Ask an adult to help with sunscreen and bug repellent.

Pack water and a whistle
Drink water regularly and take shade breaks when it's hot. Use your whistle to signal for help.

Tell an adult early
Speak up if you feel sick, dizzy, too hot or cold, or if you get hurt.

Take thunder seriously
Go into a sturdy building or fully enclosed hardtop vehicle. Wait 30 minutes after the last thunder.

Don't

Don't take shortcuts
Skip closed trails and stay back from steep edges, slippery rocks and fast-moving water.

Don't go near water alone
Ask an adult first. Swim with adult supervision. Wear a fitted life jacket on boats.

Don't touch or feed wildlife
Watch animals from a distance. Leave wild berries, plants and mushrooms alone.

Don't drink from streams
Drink the safe water you brought. Clear water from a stream or lake can still make you sick.

Don't handle fire or tools alone
Use matches, knives or saws only with an adult's permission and direct supervision.

If you get separated

Stop, take a breath and stay put. Move only if you're in immediate danger. Blow your whistle and answer if you hear someone calling. If you have phone service, call 911 and tell them where you last saw your group or what you can see nearby.

Quick check for adults

Check weather and trail conditions. Share your route and return time. Set boundaries, review the lost-child plan and take headcounts. Pack a map, first-aid kit and charged phone. Near water, assign an adult to watch closely and continuously.

Safety references National Park Service American Red Cross National Weather Service CDC