

SAFETY TIPS FOR ACTIVE AEROBICS AND RECREATION

- **Wear proper safety equipment.**
 - Dress appropriately for the weather.
 - Wear proper protective equipment such as a helmet, knee pads, etc.
- **Use safe equipment.**
 - Use reflectors and lights on bikes or on clothes.
 - Keep equipment in good repair.
 - Make sure all equipment is sized correctly and fits appropriately.
 - Wear life preservers when boating and water skiing.
 - Carry and drink water during vigorous activity, especially in the heat.
- **Get proper instruction.**
 - Learn from someone who knows the activity AND is trained to teach it.
 - Injuries and accidents often occur when activities are done incorrectly.
- **Perform within the limits of your current skill.**
 - Acknowledge your skill level.
 - Don't try skills you aren't ready for just to impress others.
 - Try more challenging skills gradually after you master simpler skills.
- **Plan ahead, especially for outdoor activities.**
 - Tell someone where you will be and when you expect to be back.
 - Bring a map and compass in new or isolated areas.
 - Carry an emergency phone and flare.
 - Carry extra food and water when backpacking.
 - Carry a small first aid kit when hiking.
 - Avoid venturing out alone.