


# Module 5: Avoiding the Repair Shop: Risk Management

## Topic 5 Content: Recreational Activities Safety Manual

### Introduction

#### Recreational Activities Safety Manual

##### Introduction



Learn the basics of common activities you can do as a pastime to promote healthy living.

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# Module 5: Avoiding the Repair Shop: Risk Management

## Topic 5 Content: Recreational Activities Safety Manual

### Cycling & Skating

#### Recreational Activities Safety Manual

#### Cycling & Skating



**Bicycling, skateboarding, and rollerblading**

These activities all require the use of "wheels" combined with the power of your own body to keep you moving. While each can be done in some type of competitive fashion, they definitely can be part of your recreational activity list!

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# Module 5: Avoiding the Repair Shop: Risk Management

## Topic 5 Content: Recreational Activities Safety Manual

### Cycling & Skating: Equipment

#### Recreational Activities Safety Manual

#### Cycling & Skating: Equipment



The most important safety rule when it comes to riding a bicycle, skateboarding and rollerblading is "always wear a helmet!" In most states it is the law. Biking and skating accidents involve crashes that can result in head injuries. For a person that is not wearing a helmet, an accident could end in permanent brain damage or death for the rider involved. Brain damage is a serious injury to the brain that can be caused by trauma, insufficient oxygen supply, or some other source.

Helmets vary for different activities, so be sure to select a helmet that is appropriate for your wheeled hobby. Make sure that your helmet fits snug on your head and look for one with ventilation so it is more comfortable to wear. Your helmet should be tight enough so it does not slide around when you shake your head. Also, if your straps are loose, the helmet will not accomplish its intended function, to protect your skull, if an accident were to

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If you do fall and your helmet takes a blow, be sure to swap it out with a new one. Helmets are only designed to take one hard hit and then they need to be replaced.

Elbow pads and kneepads as well as wrist guards may be necessary for these activities, depending on the terrain and level of expertise.


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#### Cycling & Skating: Rules

#### Recreational Activities Safety Manual

#### Cycling & Skating: Rules



Follow the rules of the road and be aware of your surroundings, especially while skating or biking on streets and in neighborhoods. When on a bicycle, you should follow all road signs and ride with the direction of road traffic. This is the opposite if you were on foot walking or running, as you should travel on the side of the road against oncoming traffic.

If you are riding at night, wear reflective clothing, and make sure your bike has a headlight, flashing taillight, and reflectors. If you want to perform tricks, practice them in designated areas only. Skate and bike parks are great places to sharpen your skills.

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### Hiking

#### Recreational Activities Safety Manual

##### Hiking



Hiking and exploring scenic trails can be fun and exciting. It is an enjoyable way to cover new terrain and to get some exercise outdoors. Trails can range from easy to difficult, with the most difficult trails having either rougher terrain or higher elevation climbs to traverse. Hiking can be a great lower-body and cardiovascular workout.

You may be fortunate enough to live in an area with nature trails available. Check with your local parks and recreational department or even the [Virginia State Parks website](#) to see what trails are nearby.

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### Hiking: Preparation

#### Recreational Activities Safety Manual

##### Hiking: Preparation



Follow these tips when preparing for your hike:

Only go where you are familiar. It is easy to get lost. If you are going on a path that you have not been on before, and ask a park ranger for advice on how to cover it. You can also find a map of the area that will tell you what to expect along the way.

Never go out on trails alone. If you were to fall into trouble, you may not come across another person for a long time. Cell-phone reception may not be available in secluded areas, so have a plan for emergencies just in case you need it. Tell someone where you are going and how long you expect to be gone.

Always check the forecast, even for short trips. Weather can change quickly and suddenly.

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## Topic 5 Content: Recreational Activities Safety Manual

### Hiking: Attire and Eating

#### Recreational Activities Safety Manual

##### Hiking: Attire and Eating



Wear proper clothing and footwear. Be sure to dress for warmth or cold, and dress in layers that can be added or taken off. The proper footwear can prevent ankle injuries or falling on uneven paths. Wear boots or shoes that support the ankle and have thick soles to protect your feet from rough grounds. Do not wear brand new boots or shoes without knowing if they cause blisters or not.

Pack water even for short trips. It is vital to stay hydrated while exercising. Pack food for longer trips to keep your energy level up.

Do not eat plants or vegetation unless you are certain of what it is. Some plants and berries are poisonous and can cause you to become very sick.

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## Topic 5 Content: Recreational Activities Safety Manual

### Swimming and Boating

#### Recreational Activities Safety Manual

#### Swimming and Boating



Many people enjoy swimming in indoor and outdoor pools, and they also like to boat and swim in lakes, ponds, rivers, and the ocean! If you do not know how to swim, you should take lessons and learn! It is a skill that is great for exercise, enjoyment, and sometimes needed! When you swim, you use your entire body to propel yourself through the water. It is the resistance of the water that makes swimming not only a cardiovascular workout, but also one that improves muscle tone and strength!

According to the Centers for Disease Control and Prevention, there are about ten deaths from unintentional drowning per day. If you are not able to swim well, you need to know your limits and be careful in areas that are deep or have strong currents, or when you are swimming alone. Even if you already know how to swim, you should take caution when swimming in areas that you are not familiar

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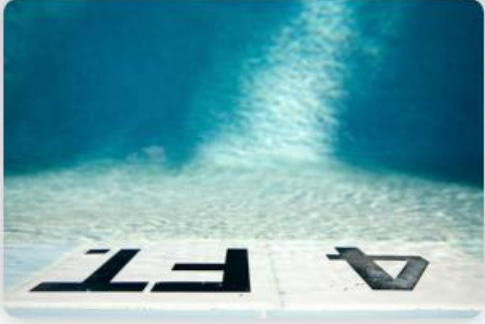
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## Topic 5 Content: Recreational Activities Safety Manual

### Swimming: Safety Guidelines

#### Recreational Activities Safety Manual

#### Swimming: Safety Guidelines



**Swim in areas that...**

Have barriers and borders. It is safer to swim in an area that has clearly marked depth and boundaries. When you know that a swimming pool or area is marked and checked for safety, it is easier to identify where you are capable of swimming based on your abilities.

Have supervision. It is always best to swim with adult supervision. It is even better to swim in an area with a certified lifeguard. Lifeguards know how to spot dangerous situations and handle injury and emergencies.

**NEVER...**

Use pool toys as flotation devices. If you do not know how to swim you should always use a life jacket. Do not replace

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#### NEVER...

Use pool toys as flotation devices. If you do not know how to swim you should always use a life jacket. Do not replace personal flotation devices with air-filled or foam toys. These toys are not designed to keep you safe or to help you swim.

Swim while intoxicated. Do not drink alcohol or take drugs while swimming. Swimming while intoxicated increases your chance for injury and drowning. Alcohol and drugs lower your inhibitions and your ability to react. If an emergency should arise, you will not be able to fully comprehend the dangers and respond quickly.

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## Topic 5 Content: Recreational Activities Safety Manual

### Swimming: Areas

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### Swimming: Areas



When swimming in natural bodies of water, take extra care in where you swim, do not jump or dive, and always go with others. Jumping or diving into water that is murky and/or shallow could possibly cause serious damage to the neck and spinal cord if your head hits the bottom or to your lower body if you go in feet first. Jumping off of bridges or cliffs into water is reckless. There may not be help if you get hurt, especially in remote areas. You or your friends could be stuck for hours without anyone noticing something is wrong.

**Beach signs:**

These common signs are used to warn swimmers of possible dangers in the water.

**Double Red:** Beach is closed to the public; no one is permitted in the water

**Single Red:** High hazard -- strong surf is possible and rip currents may occur.

**Yellow:** The level of hazard because of surf and currents is at a medium level.

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**Yellow:** The level of hazard because of surf and currents is at a medium level.

**Green:** The conditions are calm, but you must still be alert.

**Purple:** When flown with either a yellow or red flag, it signals some form of dangerous marine life such as jellyfish, stingrays, or man-of-wars in the water.

Image source: Florida Department of Environmental Protection


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## Topic 5 Content: Recreational Activities Safety Manual

### Boating: Rules and Tips

#### Recreational Activities Safety Manual

##### Boating: Rules and Tips



When you're on a natural body of water, you may use a boat. Boating laws have many similarities to driving laws.

You must follow signs, speed limits, and proper boating etiquette.

Boating while intoxicated is not only dangerous for you and your passengers, but it is also against the law. You will get a DUI if you are caught in control of a boat while drinking or under the influence of drugs.

It is vital and the law to have enough life preservers for everyone in your vessel. In the event of an emergency, it can save your life.

Check the weather forecast before going out on the water. Even the most beautiful and sunny day can turn windy and dangerous in mere minutes.

Know the area you are boating in. You may get lost or stranded in an unsafe area.

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