

Module 5: Keeping It Together

Topic 1 Content: Outdoor Activities Notes

Introduction

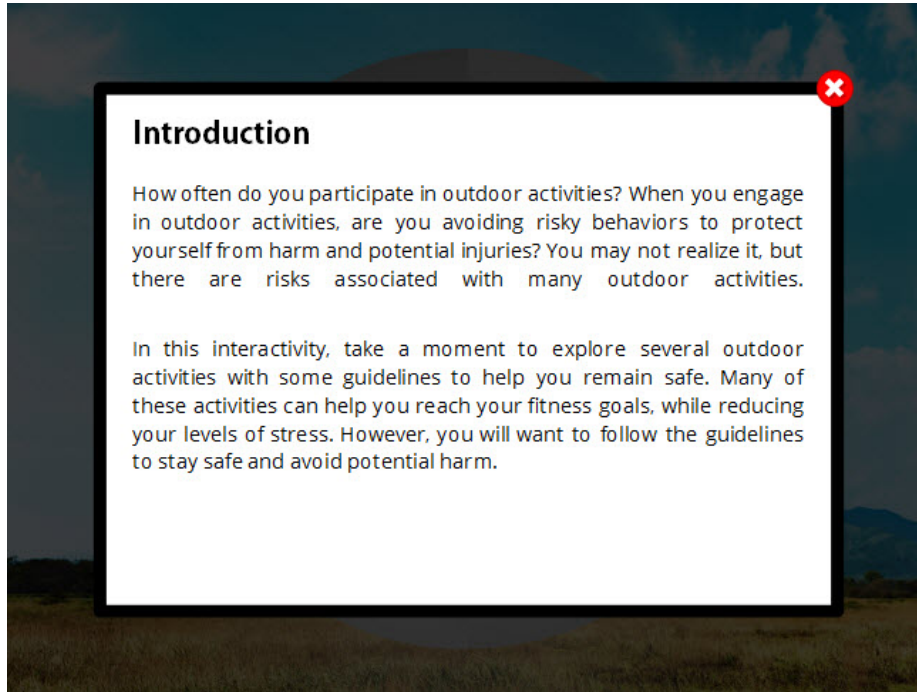


Outdoor Activities

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Instructions

A screenshot of a digital interface showing an introduction box. The box has a white background and a black border, set against a blurred background of a landscape with mountains and a sky. In the top right corner of the box, there is a red circular icon with a white 'X' inside, indicating a close button. The text inside the box is as follows:

Introduction

How often do you participate in outdoor activities? When you engage in outdoor activities, are you avoiding risky behaviors to protect yourself from harm and potential injuries? You may not realize it, but there are risks associated with many outdoor activities.

In this interactivity, take a moment to explore several outdoor activities with some guidelines to help you remain safe. Many of these activities can help you reach your fitness goals, while reducing your levels of stress. However, you will want to follow the guidelines to stay safe and avoid potential harm.

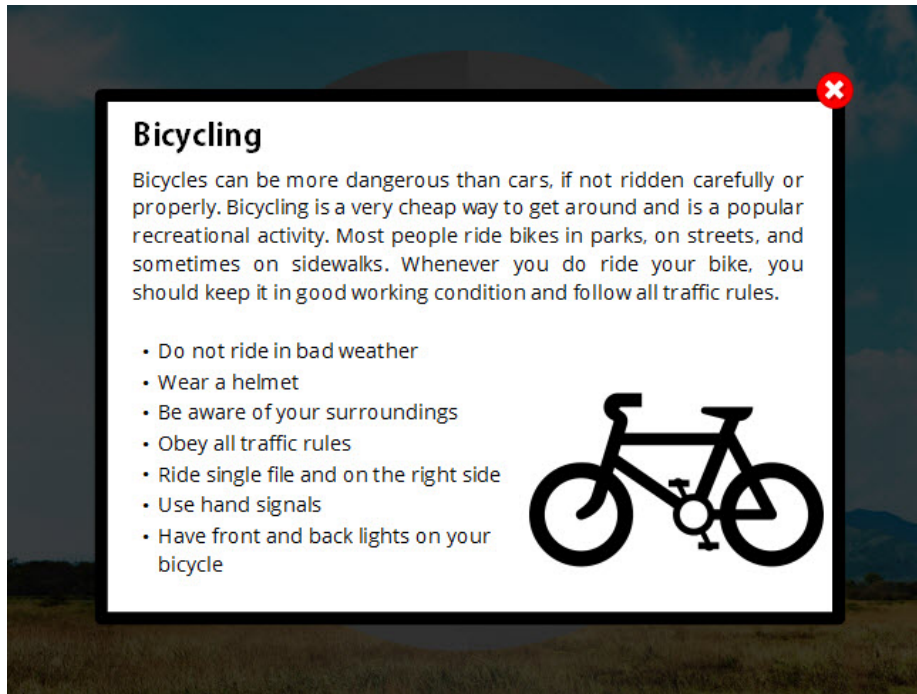
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Bicycling



Bicycling

Bicycles can be more dangerous than cars, if not ridden carefully or properly. Bicycling is a very cheap way to get around and is a popular recreational activity. Most people ride bikes in parks, on streets, and sometimes on sidewalks. Whenever you do ride your bike, you should keep it in good working condition and follow all traffic rules.

- Do not ride in bad weather
- Wear a helmet
- Be aware of your surroundings
- Obey all traffic rules
- Ride single file and on the right side
- Use hand signals
- Have front and back lights on your bicycle



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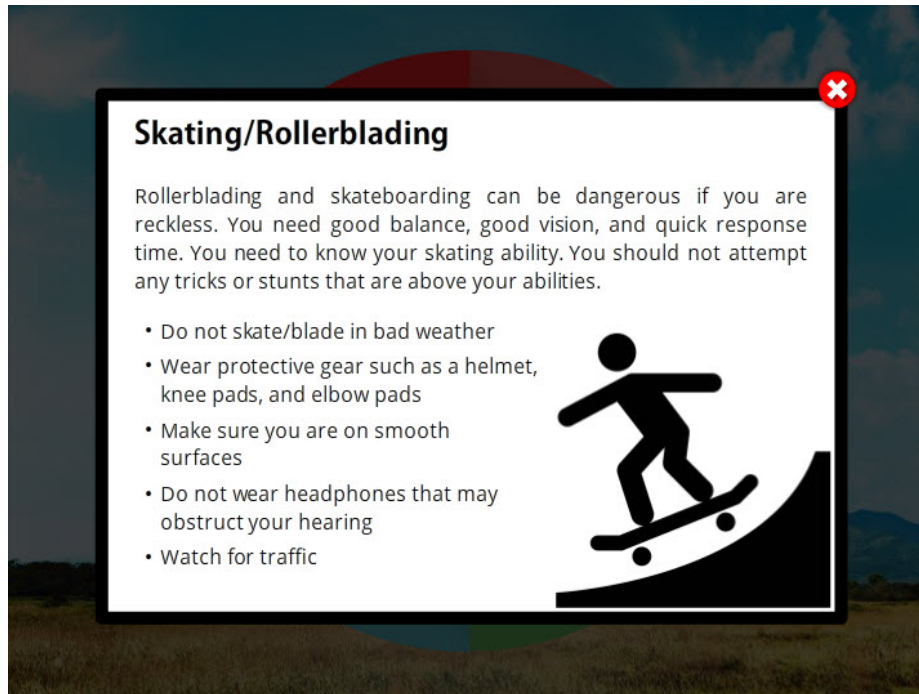
When riding your bicycle, here are some guidelines to follow to make sure you are safe and having fun.

- Do not ride in bad weather
- Wear a helmet
- Be aware of your surroundings
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- Ride single file and on the right side
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- Have front and back lights on your bicycle

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Skating/Rollerblading



Skating/Rollerblading

Rollerblading and skateboarding can be dangerous if you are reckless. You need good balance, good vision, and quick response time. You need to know your skating ability. You should not attempt any tricks or stunts that are above your abilities.

- Do not skate/blade in bad weather
- Wear protective gear such as a helmet, knee pads, and elbow pads
- Make sure you are on smooth surfaces
- Do not wear headphones that may obstruct your hearing
- Watch for traffic



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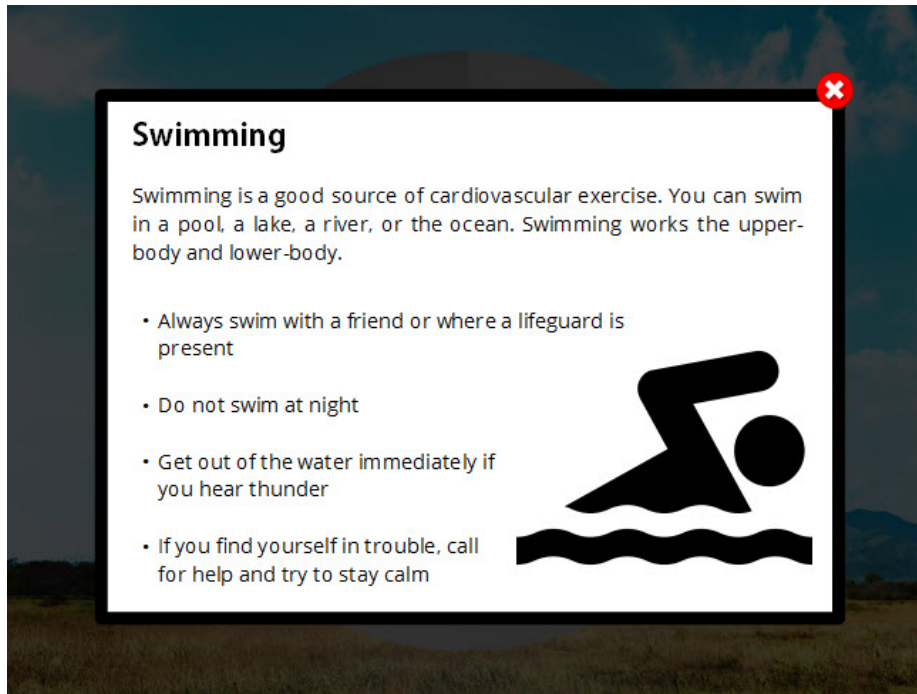
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Swimming

A white rectangular card with a black border and a red 'X' icon in the top right corner, set against a background of a sunset over a field. The card contains the following text:

Swimming

Swimming is a good source of cardiovascular exercise. You can swim in a pool, a lake, a river, or the ocean. Swimming works the upper-body and lower-body.

- Always swim with a friend or where a lifeguard is present
- Do not swim at night
- Get out of the water immediately if you hear thunder
- If you find yourself in trouble, call for help and try to stay calm

A black silhouette of a swimmer in a freestyle stroke, positioned above three wavy lines representing water.

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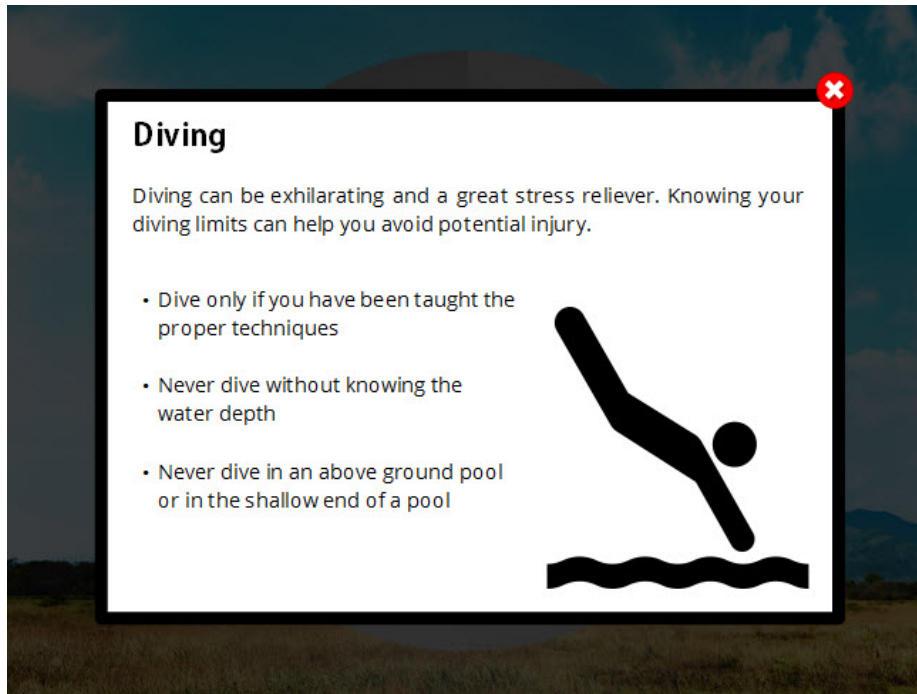
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Diving



Diving

Diving can be exhilarating and a great stress reliever. Knowing your diving limits can help you avoid potential injury.

- Dive only if you have been taught the proper techniques
- Never dive without knowing the water depth
- Never dive in an above ground pool or in the shallow end of a pool



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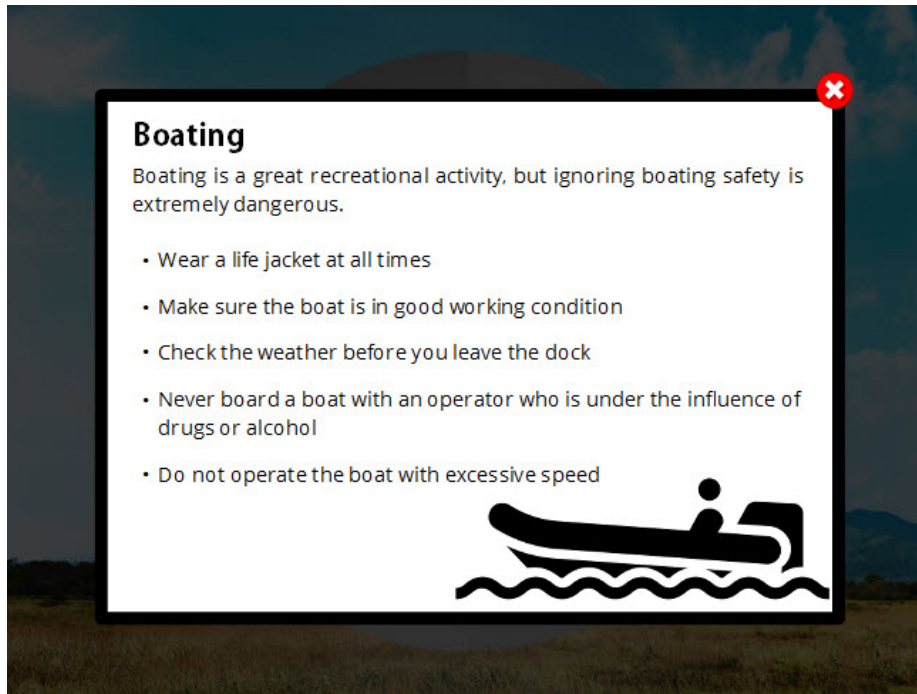
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Boating



Boating is a great recreational activity, but ignoring boating safety is extremely dangerous.

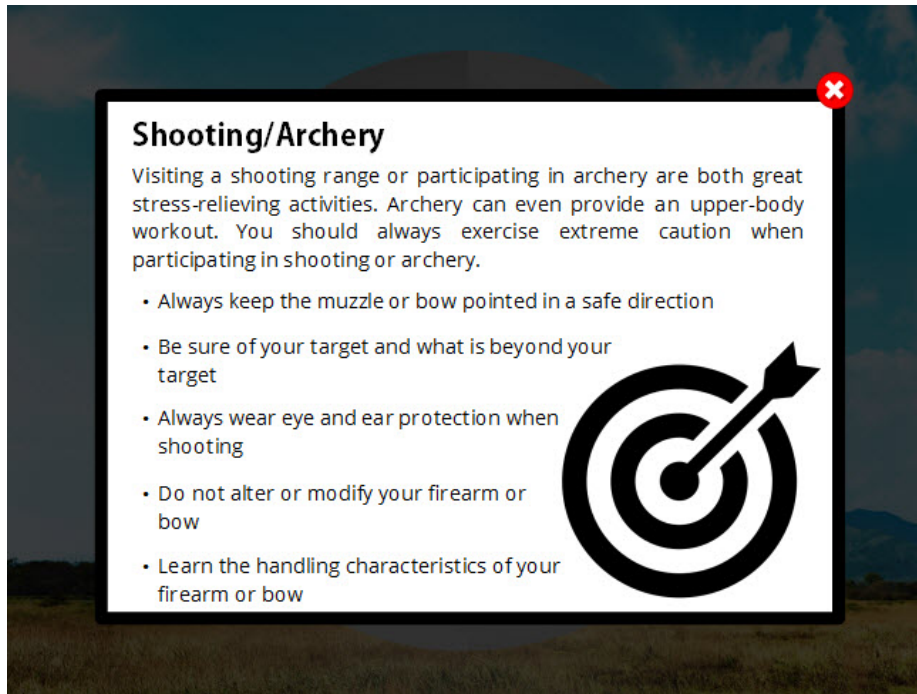
When boating, here are some guidelines to follow to make sure you are safe and having fun:

- Wear a life jacket at all times
- Make sure the boat is in good working condition
- Check the weather before you leave the dock
- Never board a boat with an operator who is under the influence of drugs or alcohol
- Do not operate the boat with excessive speed

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Shooting/Archery



Shooting/Archery

Visiting a shooting range or participating in archery are both great stress-relieving activities. Archery can even provide an upper-body workout. You should always exercise extreme caution when participating in shooting or archery.

- Always keep the muzzle or bow pointed in a safe direction
- Be sure of your target and what is beyond your target
- Always wear eye and ear protection when shooting
- Do not alter or modify your firearm or bow
- Learn the handling characteristics of your firearm or bow



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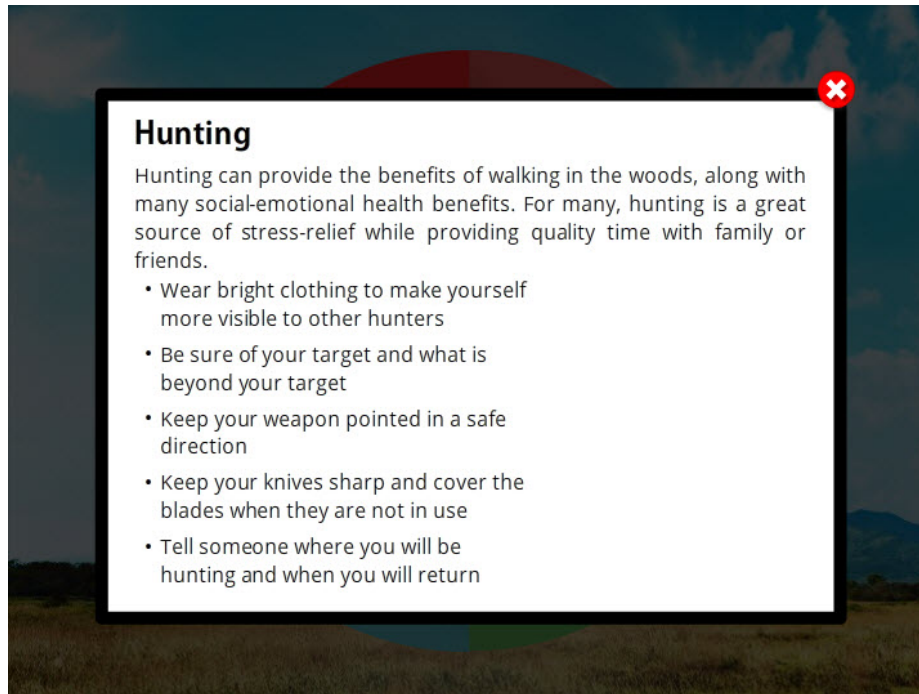
When shooting, here are some guidelines to follow to make sure you are safe and having fun:

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Hunting



Hunting can provide the benefits of walking in the woods, along with many social-emotional health benefits. For many, hunting is a great source of stress-relief while providing quality time with family or friends.

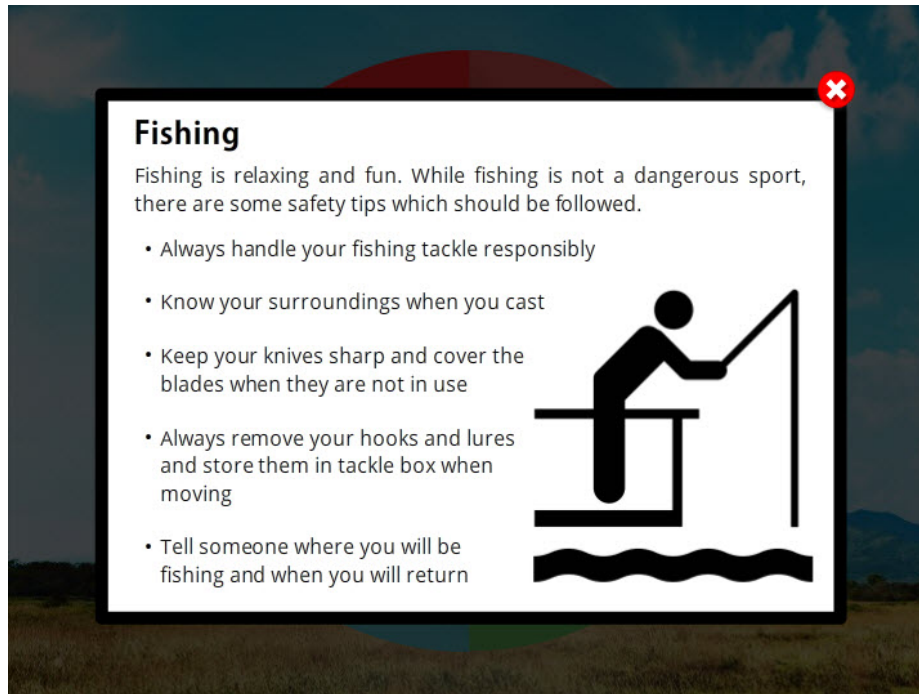
When hunting, here are some guidelines to follow to make sure you are safe and having fun:

- Wear bright clothing to make yourself more visible to other hunters
- Be sure of your target and what is beyond your target
- Keep your weapon pointed in a safe direction
- Keep your knives sharp and cover the blades when they are not in use
- Tell someone where you will be hunting and when you will return

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Fishing



Fishing is relaxing and fun. While fishing is not a dangerous sport, there are some safety tips which should be followed.

When fishing, here are some guidelines to follow to make sure you are safe and having fun:

- Always handle your fishing tackle responsibly
- Know your surroundings when you cast
- Keep your knives sharp and cover the blades when they are not in use
- Always remove your hooks and lures and store them in tackle box when moving
- Tell someone where you will be fishing and when you will return