

Safety Checklist



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

SPORTS AND RECREATION SAFETY CHECKLIST

- Is the playground surface made of soft material like rubber matting or wood chips?
- Is playground equipment attached securely to a safe surface, free of loose parts, rust, or splintered wood?
- Are children supervised on playground equipment?
- Are children encouraged to avoid pushing and shoving and to wait their turn to use playground equipment?
- Have children been taught how to use slides, swings and other equipment safely?
- Have children been taught to keep a safe distance when others are swinging?
- Do children wear the proper protective gear for the sport they are playing:
 - Football: pads, helmet, mouth guard?
 - Baseball: mitt and batting helmet?
 - Soccer: shin guards?
 - Biking: helmet, knee and elbow pads?
 - In-line Skating: helmet, wrist guards, elbow and knee pads?
- Do children dress properly for outdoor winter play: winter weight coat, hat, gloves and boots?
- Is sledding equipment sturdy, safely constructed and easily steered?
- Do children sled on a packed snow (not ice) surface that is free of rocks, trees and other obstacles, and away from traffic?



Source: National Program for Playground