



Let's P.L.A.Y. Safe

keeping kids happy, active, and injury-free



≡ a quick guide for volunteers ≡

Supervise Actively



Stay alert and scan the entire area.



Know where the kids are at all times.



Be aware of what's in front of and behind you.

Make Space During Large Group Games



Ensure children spread out before starting.



Leave enough room between players.



Stop or slow the game down if it becomes too crowded.

Watch Out During Free Play



Start your game away from other activities whenever possible.



Watch for stray balls and flying equipment.



Call out "Heads Up" or "Watch Out" if a ball is going to hit someone.

Redirect Unsafe Play



Recognize signs of unsafe play (running too fast, pushing, crowding, collisions, etc.)



Use verbal cues like "Freeze" and "Everyone Stop" to pause the game.



Explain a safer way to continue or offer an alternative activity.

If Someone Gets Hurt



1. Stay calm and stop play immediately.
2. Stay with the injured child and notify a Lead.
3. Keep the area clear until help arrives or remove the child from crowds.

Top Injury Risks

Collisions
Trips and Falls
Being Hit by Balls
Overcrowding

Volunteer Mental Checklist

- I am alert and supervising actively.
- My play area is away from other games and there is enough space for my activity to be played safely.
- I am watching for stray balls.
- I will use verbal cues like "Freeze" or "Stop" when necessary.

developed by Sachi Sharma and Harshil Bhavsar

Thank you for helping keep everyone safe!

References:

- Canadian Sport for Life. (2016). PLAY SAFE: Physical Literacy and Injury Prevention Guide for Leaders.
- Children's Healthcare of Atlanta. (n.d.). Preventable Playtime Injuries.
- LaBella, C. R., & Myer, G. D. (2017). Youth sports injury prevention: Keep calm and play on. *British Journal of Sports Medicine*, 51(3), 145-146.