

SAFE PLAY: ADVICE FOR PARENTS

Parents can influence healthy activity habits in children. Unsure how your kids can engage in safe play during COVID? Read on for advice.



LOW RISK

Outdoor activities with people in your social circle, or physically distanced (2m) with people outside of your social circle

Examples: water balloon wars, riding bikes, and swimming

MEDIUM RISK

Outdoor low-touch or shared equipment activities with people outside of your social circle

Examples: frisbee or catch (with sanitized equipment)

HIGH RISK

Indoor or high-touch activities with people outside of your social circle, or any activities in large crowds

Examples: sharing toys, wrestling, visiting crowded parks or beaches where physical distancing is difficult