

Big Kids Safety  
**High 5**  
a safety checklist



Children ages 5 – 9

- Make sure your child has a helmet, and take **the helmet safety fit test** to check that it fits properly.
- Teach your kids about **swimming safely**. Every child is different, so enroll children in swimming lessons when you feel they are ready.
- Add reflectors to your child's backpack and coats. Wearing light- or brightly-colored clothing and reflective gear will make kids more visible to drivers as they walk.
- Learn the **signs and symptoms** of a concussion and encourage athletes to speak up if they get hurt.
- Create and practice a **fire escape plan** with your family. It is important to know two ways out of every room.

Use #myhigh5 to let us know when you've finished!