

Stay Safe Riding Bikes or Skating Outside

[Announcer] This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.

[Caydan] Hi kids! Welcome to CDC Kidtastics Radio! I'm Caydan Kidtastic. We're getting ready to go on a REALLY FUN summer outing, and we need to make a list of things to take with us.

[Kaya] Where are you going, Caydan?

[Caydan] We're going to a park to skate and ride bikes on some really cool trails!

[Chris] That sounds like a good time!

[Kaya] First, you'll need plenty of snacks and drinks to keep you fueled up! Take healthy stuff, like carrots and celery sticks, raisins, pretzels, fresh fruit, trail mix, and of course lots of water. And don't forget the sunscreen with SPF 15 or higher. You want to protect your skin from the sun and not get sunburned.

[Chris] Yeah! That stuff is good, but it needs to get packed up with some really important equipment, too. You know, all the stuff that can help protect you from getting hurt if you fall off your bike, or if you lose your balance when you're skating.

[Caydan] You're right, Chris. I don't want to forget *that* stuff! Who wants to end up at the doctor when you could be outside having fun?

[Chris] Right! So, Caydan, you'll need a helmet for riding your bike. And for skating, you'll also need a helmet, plus knee and elbow pads.

[Kaya] Yeah, use your head and wear a helmet. You should always wear a helmet when you ride or skate *and* make sure it fits correctly. Only ride a bike that's adjusted for your height, and make sure your bike and all your safety gear are in good shape.

[Chris] Oh, and Caydan? Once you get there with all this stuff, don't forget to actually put it on!

[Caydan] I will Chris. Thanks for the tips. Now I know what I can do to stay safe *and* have fun! Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then, be a safer, healthier kid!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO, 24/7.