

# Safety Outdoors



Enjoy your time outdoors with these ideas for being safe in Philadelphia's parks, trails, and green spaces.

- Go during daylight. Check out our park pages for posted hours of each park.
- Choose a park where you feel comfortable. If you don't have one, pick just one park and get to know it by visiting often.
- Make sure to discuss potential risks with your child. Check out our easy to remember "Five steps for safety at all times" or outdoor **BLISS**:
  - **B**e aware of your surroundings and create boundaries
  - **L**ook before you leap- Don't go out of your comfort zone
  - **I**nvoke friends to come along
  - **S**tay away from strangers
  - **S**tay on the trail/path
- Check out the NaturePHL events page for community gatherings and other outdoor events: [www.naturephl.org/events](http://www.naturephl.org/events)
- Join a community park cleanup to help keep your park beautiful and safe. Check out LOVE Your Park week from Philadelphia Parks and Recreation.
- Join a group. Here are some to checkout:
  - **Hike it Baby:**  
[www.hikeitbaby.com](http://www.hikeitbaby.com)
  - **City of Philadelphia Friends Groups:**  
[www.phila.gov/ParksandRecreation/getinvolved/friendsgroups/Pages/ListofFriendsGroups.aspx](http://www.phila.gov/ParksandRecreation/getinvolved/friendsgroups/Pages/ListofFriendsGroups.aspx)
  - **Friends of the Wissahickon:**  
[www.fow.org](http://www.fow.org)
  - **Friends of Cobbs Creek:**  
[www.facebook.com/FriendsofCobbsCreek](http://www.facebook.com/FriendsofCobbsCreek)
- Create your own group. Talk to your school or religious community and other families in your neighborhood and go to parks together.