

Tips for staying safe while playing in the spring and summer months

- Bring snacks and water.
- Always wear (and reapply!) a broad spectrum sunscreen with a sun protection factor (SPF) of 30 or higher. Sun damage occurs even on cloudy days!
- Wear a wide-brimmed hat and sunglasses while outdoors.
- Sun rays are the strongest from 10-4pm, so remember to seek shade. Trees can provide relief from the sun!



Take a walk in the woods

Pittsburgh Interactive Trail Map: gis.pittsburghpa.gov/pghtrails
 Allegheny County Parks Trails: alleghenycounty.us/parks/activities/trails.aspx

Tips: Check out a map before you go, stay on designated paths, wear sturdy shoes

- **Things to bring:** water, snacks, insect/tick repellent, sunscreen



Meals for Children

Citiparks continues to offer meals for children at multiple locations throughout the summer.

For more information and a list of locations, visit:



www.pittsburghpa.gov/citiparks/summer-food-service-program

Staying cool in the summer

Try these ideas for water play at home:

- Sliding down a slip n' slide— buy one from a store or make your own!
- Have a water balloon toss
- Try water limbo with the garden hose
- Stay cool in a kiddie pool



For more information on pools and spray parks, visit:

Citiparks Pools: pittsburghpa.gov/citiparks/swimming-outdoor

Allegheny County Pools: www.alleghenycounty.us/parks/activities/water-activities/pools.aspx

PA State Park Beaches and Pools: www.dcnr.pa.gov/Recreation/WhatToDo/Swimming/Pages/Where-to-Swim.aspx

Information about local parks & programs

Pennsylvania Parks & Recreation: www.goodforpa.com

Citiparks: www.citiparks.net

Allegheny County Parks: www.alleghenycounty.us/parks

Pennsylvania State Parks: www.dcnr.pa.gov/StateParks/

Parks Rx Anywhere!

Can't make it to the park? Check out this activity page that can be done in any outdoor space (even your own backyard!):

tinyurl.com/ParksRxPage

Parks Rx spring activity idea

Choose a park or greenspace in your neighborhood and visit once a week. What changes do you see? New birds? New plants?



Summer reading ideas

Relax outdoors with a book about parks and nature! All titles on the list can be borrowed from the Carnegie Library of Pittsburgh system.

tinyurl.com/NatureBookList

For more tips like these, visit www.pittsburghparks.org/rx