



Team Tailgate

Spring Cleaning, Allergies, & Outdoor Safety

With Spring in full swing, it is essential to discuss allergy awareness, outdoor safety, and spring cleaning.

Spring Cleaning

Spring Cleaning is the practice of thoroughly cleaning anywhere from your work area or your personal space at home in the springtime. Spring cleaning is essential in creating a fresh, clean, and aesthetically pleasing working and living environment that can help with decreased stress levels, along with providing other health benefits.

Here are a few tips:

-Make a schedule: What areas need the most work? What areas do you skip during your routine cleaning? Having a plan will keep you focused on your task at hand.

-Dusting: Regular dusting will give allergens, germs, and bacteria fewer places to hide. Cleaning and dusting can give your home a new and fresh feeling.

-De-clutter: Cleaning out your closet and junk drawers can be overwhelming. Especially when you may have accumulated clothing and items you don't use or don't fit throughout the year, start with the essentials, then move to what you think you will need and use.

-Donate: Remember, you can always donate wearable clothing and items in good condition so they can find a second life with someone. Stained and damaged items should be set aside for proper disposal. Everything you donate should respect the potential future recipient.

Allergy Awareness

Allergy awareness is vital to understanding the different types of allergies there can be. Communicating and understanding allergies can be beneficial in case any issues arise from our members or staff.

-Seasonal Allergy Symptoms: Allergies typically include anything from a runny nose, itchy or watery eyes, and itchy nose or throat, sneezing to hives.

-Pollen: One of the most common triggers for seasonal allergies is pollen. With the change in weather and wind, remember there are different types of pollen that can be picked up and transmitted.

-Food allergies: Any food can cause food allergies. The most common food allergens are peanuts, tree nuts, milk, eggs, fish, shellfish, wheat, soy, and sesame. It's important that

-Asthma: Small particles in the air can make asthma worse, pollen airborne irritants, smoke, and dust can worsen the air quality and trigger asthma. Asthma episodes, also known as asthma attacks or flares, can happen at any time. Symptoms may last a few minutes or go on for hours or days.

-Preparation: Although hard to prepare for, there are steps you can take to be allergy aware.

Regularly clean your living spaces to prevent dust from accumulating. Over-the-counter allergy medication is available, along with wearing masks in some severe cases.

Identifying food allergens that you may be allergic to. Take medication to help, or have an epinephrine pen available for you in case of emergency. In the case of Asthma, remember to have an inhaler available.

Outdoor Safety

Outdoor safety is vital not only for the protection of our members but also for the protection of our staff when going outside.

-Rules: Following the Rules and guidelines is essential. Rules and/or Code of Conduct are posted in play areas and are clearly visible. Children are unpredictable, and it is vital to stay alert at all times to reduce the risk of injury to themselves or others. Always be aware of your surroundings and the number of students in your group, and always follow the rules.

-Cleanliness: Cleaning our outdoor areas should be done regularly to ensure the safety of our members and staff. Outdoor play areas are maintained clean and free of hazards, and sports areas (i.e., courts and fields) are clean and free of hazards or debris.

-Safety: Visitor access to outdoor areas is limited by fences, walls, or other physical barriers. Parking lots are regularly maintained, clean, and free of hazards. Spaces around club facilities are well-lit. Using the buddy system and walking out in groups, along with parking close to the entrance, can ensure your safety when going outdoors.

-Hydration: Staying hydrated is essential, especially as the weather begins to change. Increased physical activity can increase levels of dehydration, so it is necessary to keep an eye out for signs of dehydration. To help regulate body temperatures, not only the members but also our staff remember to keep water at hand when going outside. Signs of dehydration to look for can be thirst, headaches, fatigue, dry mouth, weakness/dizziness, and increased body temperature.

Stay Safe and Enjoy Spring!

Remember to always think of not just your safety but the safety of those around you as well. Their safety might just depend on you.