

Match the titles to the parts of the text.

1. DRESS SMART
2. SIZE MATTERS
3. BE CAREFUL ON WATER RIDES
4. WATCH OUT FOR MOTION SICKNESS
5. STAY HYDRATED
6. INSPECT RIDES YOURSELF
7. LIMIT THE NUMBER OF EXTREME RIDES YOU GO ON

Amusement Park Survival Guide

How to have amusement park fun and avoid injury (избежать травмы).

Accidents at amusement parks sometimes happen. It can make parents worry when they plan a day of family fun. Read experts' tips that can help to make your park visit safe and fun.

- A.** Children under 13 suffer half of all ride injuries. Parents make a huge mistake when they let children go on rides that aren't right for their size.
- B.** There are different ride structures, and you should examine a ride yourself to decide how safe it is for your child. Just because there is a sign saying that a kid can go on a ride doesn't mean that the ride is safe for them.
- C.** Bring comfortable clothing and shoes. Wear closed-toe shoes to protect your feet during rides. Remember that you are spending the day around industrial machinery. This means you should put your hair up, and avoid wearing scarves, drawstrings, or long necklaces, for example. Dress in light-colored clothing to avoid overheating.
- D.** You should also limit the number of thrill rides you or your kids go on, and take breaks between rides. The more rides you go on, the higher risk for injuries is.
- E.** Be especially careful on water rides. You need to teach children not to stop in the middle of a slide, which may cause serious neck injuries. As a general rule, be conservative when you are unsure if a water ride is safe.
- F.** Drink plenty of water during the day, and in between going on rides. If the temperature is above 25 degrees and the humidity is above 35%, it is difficult for your body to get rid of heat. This makes hydration especially important.
- G.** Don't eat a large meal before going on a ride, and tell your kids to keep their heads facing forward, which will help prevent injury and motion sickness.

A	B	C	D	E	F	G



Action Park in Kolomna