

# Polka Dot Firehouse Safety Day

## Organizer Guide

Play like a firefighter. Learn like a lifesaver.



A ready-to-run event for open houses, schools, libraries, and summer camps. Kids move through 8 fun stations, collect a stamp at each one on their Polka Dot Passport, say the Polka Dot Safety Promise together, and finish with a Fire Safety Star certificate and badge.

### Planning notes

- Ages: best for 4 to 10. Younger kids can do stations with a grown-up.
- Time: about 3 to 4 minutes per station, 30 to 40 minutes total for a group of 8 to 10 kids.
- Staffing: one firefighter or volunteer per station, plus one person at the finish table.
- Flow: hand each child a Polka Dot Passport at check-in. Each station stamps (or initials) its box.
- Finish line: when the passport is full, kids say the Polka Dot Safety Promise together and get a Fire Safety Star certificate and badge.
- Water stations: keep pressure low, mark a spectator line, and have towels ready.
- Accessibility: every station has a seated or adapted version. A child can 'crawl' by pointing low, roll on a mat with help, or aim the hose from a chair.
- Weather plan: stations 4 through 8 work indoors in a gym or apparatus bay.

# The 8 Stations

## 1 Gear Up!

Set up: 2–3 sets of well-fitting, lightweight kid-size costume gear. Keep real gear for a supervised show-and-tell. Two cones about 20 feet apart. Run it: Kids pull on the boots, coat and helmet, walk to the cone, tag it, and walk back. Cheer every finisher. Check that gear fits and helmets don't block their eyes.

## 2 Hose Drag

Set up: One short, light section of uncharged (empty) hose (1½- or 1¾-inch), laid flat. A finish line of tape or cones. Run it: Kids grab the nozzle end and drag the hose to the line. Pairs can work together. Never use a charged (water-filled) line at this station.

## 3 Knock It Down

Set up: A low-pressure water source: a garden hose with a nozzle or a pressurized-water extinguisher used by a firefighter. Targets: cones, a painted plywood 'house' target, or plastic bottles on a bench. Run it: A firefighter controls the water and stands right behind each child, hands on the nozzle with them. Keep pressure low. Mark a spectator line.

## 4 Crawl Low

Set up: A play tunnel or a row of tables draped with sheets. Gray streamers or a gray sheet hung above as pretend smoke. A bright 'EXIT' sign at the end. Run it: Kids crawl on hands and knees to the exit sign. Say it with them: Get low and go!

## 5 Stop, Drop, and Roll

Set up: A gym mat or soft grass. Run it: Kids stop, drop to the mat, cover their face with their hands, and roll back and forth. Remind them: this is ONLY for clothes on fire. For a burn, cool it with cool water and tell a grown-up.

## 6 Call 9-1-1

Set up: Two toy phones. Never use real cell phones, even old ones with no service: they can still reach 9-1-1. A firefighter or volunteer plays the dispatcher. Run it: The 'dispatcher' asks: What is the address of your emergency? What is happening? What is your name? Praise kids who know their address, and send home an address card for those still learning it.

## 7 Firefighters Are Friends

Set up: A firefighter in full turnout gear and SCBA, kneeling at kid level. Run it: The firefighter puts the gear on slowly while talking, so kids see the person inside. Let kids hear the breathing sound and give a high five.

## 8 Beep Test

Set up: A smoke alarm (with a working battery) and a step stool for the adult. Run it: The adult presses the test button. Kids practice the response: get out, go to the meeting place, stay out. Give out smoke alarm door hangers.

# Supply Checklist

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|--------------------------------------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Kid-size costume gear sets (2–3): coats, helmets, and boots | <input type="checkbox"/> Smoke alarm door hangers         |
| <input type="checkbox"/> Cones (8–10)                                                | <input type="checkbox"/> My Address cards (one per child) |
| <input type="checkbox"/> One short, light section of empty hose                      | <input type="checkbox"/> First-aid kit                    |
| <input type="checkbox"/> Low-pressure water source and targets                       | <input type="checkbox"/> Station signs (8)                |
| <input type="checkbox"/> Towels                                                      | <input type="checkbox"/> Polka Dot Passports              |
| <input type="checkbox"/> Play tunnel or tables and sheets                            | <input type="checkbox"/> Stamps or markers                |
| <input type="checkbox"/> Gray streamers (pretend smoke)                              | <input type="checkbox"/> Certificates and badges          |
| <input type="checkbox"/> EXIT sign                                                   | <input type="checkbox"/> Promise poster                   |
| <input type="checkbox"/> Gym mat                                                     | <input type="checkbox"/> Pens for names                   |
| <input type="checkbox"/> 2 toy phones (no real cell phones)                          | <input type="checkbox"/> Sunscreen and water for staff    |
| <input type="checkbox"/> Smoke alarm and step stool                                  |                                                           |

Safety first: keep water pressure low, mark a spectator line at water stations, use well-fitting costume gear (keep real gear for a supervised show-and-tell), and have towels and a first-aid kit ready. Every station has an adapted version so every child can take part.

