

# Run. Hike. Play. Relax.

Your IPARKS membership makes it easy for you to provide safe places to play, relax, and enjoy. By making safety a priority, we empower you to improve upon best practices and work in collaboration with your fellow members to protect your district, assets, and those you serve.

Members are able to do this with the customized coverage, fresh and engaging training, and the valuable educational resources we offer. All of this is made possible because of our strong financial foundation.





# December 2025

S	M	T	W	T	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Hanukkah Begins	15	16	17	18	19	20
21 First Day of Winter	22 Hanukkah Ends	23	Christmas Eve	25 Christmas Day	26 Kwanzaa Begins	27
28	29	30	31 New Years Eve	1	2	3

#### **Winter Recreation Activities**

As winter arrives, communities offer seasonal fun like cross-country skiing, snowshoeing, ice skating, sledding, and snow tubing.

To keep these activities safe and enjoyable:

- Post clear signage to guide visitors and communicate rules or hazards.
- Maintain equipment and trails regularly to prevent accidents.
- Train staff in cold-weather response and emergency procedures.
- Encourage appropriate clothing to protect against cold temperatures.
- Monitor weather conditions and keep visitors informed of any changes.

A little preparation goes a long way in making winter fun, safe, and memorable for all!





### A Fresh Start to Wellness

The new year is a great time to reset and refocus on personal well-being. Small, consistent steps can lead to lasting change:

- Aim for a healthy weight
- Stay active with regular movement
- **Choose nourishing foods**
- Limit alcohol and avoid tobacco

A healthier lifestyle can boost your energy, improve your mood, and help you stay productive, both at work and at home.

Here's to a safe, strong start to the year. Happy New Year!

S	M	Т	W	Т	F	S
28	29	30	31	New Year's Day/ Kwanzaa Ends	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	Martin Luther King Jr. Day	20	21	22	23	24
25	26	27	28	IAPD/IPRA Conference Chicago, IL	IAPD/IPRA Conference Chicago, IL	IAPD/IPRA Conference Chicago, IL





#### **AED Readiness Saves Lives**

In a cardiac emergency, every second matters. Quick action with CPR and an Automated External Defibrillator (AED) can more than double a person's chance of survival.

To ensure your AED is ready when needed:

- Check battery life and electrode pads regularly
- Confirm visibility and accessibility of the device
- Review the user manual and train staff on proper use

Routine maintenance and preparedness can make all the difference. A well-maintained AED is a powerful tool for saving lives.

S	M	Т	W	Т	F	S
1	<b>2</b> Groundhog Day	3	4	5	6	7
8	9	10	11	12	13	14 Valentine's Day
15	16 Presidents' Day	17	18	19	20	21
22	23	24	25	26	27	28





# Spring into Outdoor Safety

### Welcome Spring!

As warmer weather draws people outdoors for sports, hiking, biking, and play, it's time to ensure your facilities are ready.

Winter conditions can take a toll on parks and recreation areas, so early spring maintenance is key. Consider inspecting and preparing:

- Athletic fields
- Parking lots
- Playgrounds
- Dog parks
- Shelters
- Trails
- Skate parks

S	M	T	W	Т	F	S
1	2	3	4	5	6	7
B Daylight Saving Time Begins	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20 First Day of Spring	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4





# Stay Focused, Drive Safely

#### **April is Distracted Driving Awareness** Month

**April is Distracted Driving Awareness** Month, a timely reminder that safe driving starts with staying focused behind the wheel. Distractions, whether from mobile devices, passengers, or multitasking, can lead to serious consequences.

Consider these tips to promote safer driving:

- Avoid phone use while driving, even hands-free
- Stay alert to changing road and weather conditions
- Ensure vehicles are properly maintained
- **Encourage regular safety** refreshers for staff who drive to work

Whether you're behind the wheel of a van, truck, or car, staying present and prepared helps protect everyone on the road.

S	M	Т	W	T	F	S
	30	31	1	2	3	4
			April Fools' Day	Passover Begins		
5	6	7	8	9	10	11
Easter				Passover Ends		
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	National Playground Safety Week		Earth Day			
26	<b>27</b>	28	29	30	1	





# **Electrical Storm Safety**

Spring weather can bring sudden electrical storms, especially in the Midwest. Staying safe during a thunderstorm means knowing what to do, whether you're indoors or outdoors.

#### If you're indoors:

- Stay away from windows
- Avoid using landline phones
- Unplug electronics to prevent power surge damage
- Steer clear of water and metal objects

#### If you're outdoors:

- Seek shelter in a sturdy building or vehicle
- Avoid open fields, tall trees, and bodies of water

Being prepared and knowing where to go can help reduce risk and keep everyone safe during storm season.

S	M	T	W	T	F	S
26	27	28	29	30	1	2
3	International Firefighters' Day	5	6	7	8	9
Mother's Day/ National Police Week	11	12	13	14	National Bike to Work Day	Armed Forces Day
National EMS Week	18	19	20	21	22	23
24 31	25 Memorial Day	26	27	28	29	30





# **Fireworks Safety**

With the 4th of July just around the corner, many communities are gearing up for parades, barbeques, and fireworks displays. It's a great time to celebrate, but also a key moment to prioritize safety.

If your agency is hosting or supporting public events, consider:

- Reviewing firework display procedures and permits
- Coordinating with local fire and emergency services
- Ensuring crowd control and traffic plans are in place
- Communicating safety guidelines to staff and attendees

Planning helps ensure a festive, safe celebration for everyone.

S	M	Т	W	Т	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Flag Day	15	16	17	18	19 Juneteenth	20
Father's Day/ First Day of Summer	22	23	24	25	26	27
28	29	30	1	2	3	





### Beat the Heat, Stay Safe Outdoors

Summer heat can be intense, and heat-related illness is a serious risk, especially for those working or playing outdoors. Prevention is key to staying safe and healthy.

#### Stay hydrated:

- Drink water regularly, aim for a sip every 20 minutes
- Avoid alcohol, caffeine, and sugary drinks

#### Stay cool:

- Wear lightweight, breathable clothing
- Use sunscreen (SPF 15 or higher), hats, and sunglasses
- Take breaks in shaded or air-conditioned areas

Watch for signs of heat stress like dizziness, nausea, or confusion, and act quickly. A few smart choices can make all the difference on hot summer days.

S	M	Т	W	Т	F	S
28	29	30	1	2	3	Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1





# Back to School, Safety First for Kids

With the school year kicking off, it's a great time to revisit safety practices that help protect children in your community. Whether it's on the playground, at camp, or during transportation, proactive planning makes a big difference.

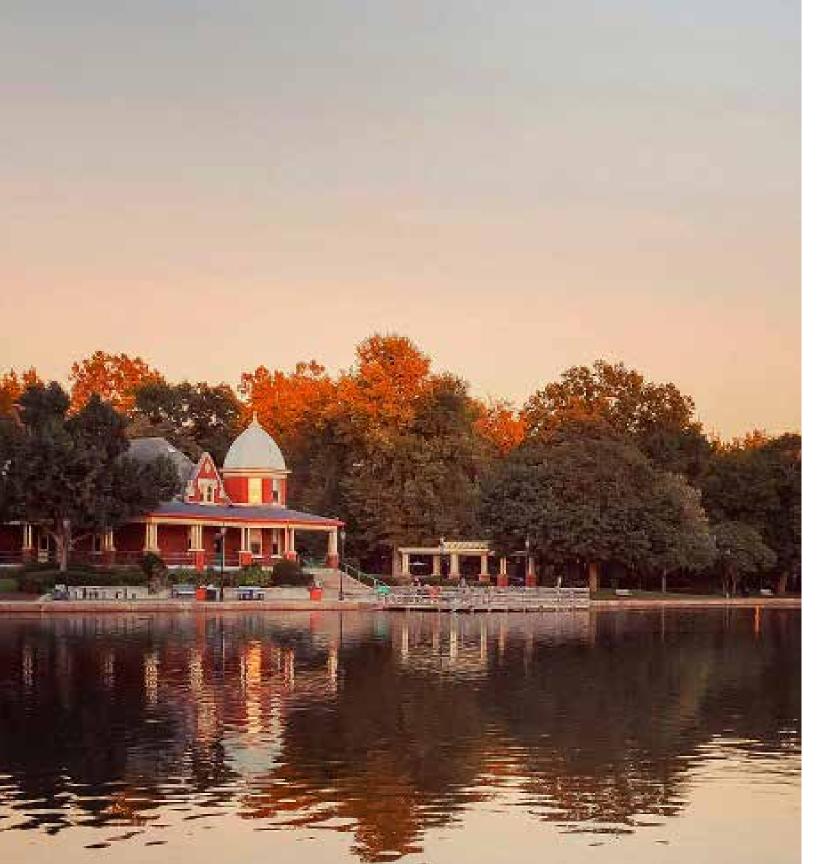
Consider reviewing safety measures for:

- Playground equipment and surfaces
- Youth sports and injury prevention
- After-school programs and aquatics safety
- School bus operations and rider protocols
- Field trip and transportation procedures
- Emergency response plans for medical situations

Creating safe environments for children supports learning, play, and peace of mind for families and staff alike.

S	M	Т	W	Т	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 31	25	26	27	28	29





# **Emergency Preparedness Starts Now**

September marks National
Preparedness Month, a reminder
to assess how ready your agency is
for unexpected events. Emergencies
can take many forms, from severe
weather to workplace incidents,
and preparation is key to minimizing
impact.

Consider reviewing and updating:

- Emergency communication plans
- Evacuation routes and shelter procedures
- Response protocols for floods, tornadoes, and winter storms
- Continuity of operations plans
- Staff roles and responsibilities during emergencies

Regular drills and clear communication can help ensure your team is ready to respond quickly and effectively when it matters most.

S	M	Т	W	Т	F	S
30	31	1	2	3	4	5
6	7 Labor Day	8	9	10	Rosh Hashanah Begins	12
13	14	15	16	17	18	19
Rosh Hashanah Ends  20  Yom Kippur Begins	21 Yom Kippur Ends	22	23 First Day of Autumn	24	25	26
27	28	29	30	1	2	3





# **Cybersecurity Awareness Month**

Cyber threats can impact organizations of all sizes, making cybersecurity a year-round priority. October is a great time to review your agency's digital safety practices and ensure your team is prepared to prevent and respond to cyber risks.

#### Consider these best practices:

- Use strong, unique passwords and enable multi-factor authentication
- Keep software and systems updated
- Train staff to recognize phishing attempts and suspicious activity
- Limit access to sensitive data based on roles
- Have a response plan in place for potential breaches

Staying vigilant and proactive helps protect your systems, data, and community from costly cyber incidents.

S	M	Т	W	Т	F	S
27	28	29	30	1	2	IPARKS 2026 Calendar Photo Deadline
National Fire Prevention Week	5	6	7	8	9	10
11	Columbus Day/ Indigenous Peoples Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	Halloween/ Grant Submission Deadline





# Smoke Alarms Safety Reminder

With Daylight Savings Time ending on November 1st, it's a great time to check your smoke alarms. These small devices play a big role in keeping your home and workplace safe.

Quick safety tips:

- Replace batteries in all smoke alarms
- Test alarms monthly to ensure they're working properly
- Install alarms in every sleeping area and on every level of your building
- Keep alarms free of dust and debris

Working smoke alarms save lives. A few minutes of maintenance can make a lasting impact on safety.

S	M	T	W	T	F	S
1	2	3	4	5	6	7
Daylight Saving Time Ends		Election Day		IAPD Legal Symposium Oak Brook, IL		
8	9	10	11	12	13	14
			Veterans Day			
15	16	17	18	19	20	21
22	23	24	25	26	27	28
				Thanksgiving		
29	30	1	2	3	4	5





# **Managing Holiday Stress**

The holiday season brings joy, celebration, and connection, but it can also be a source of stress. Balancing responsibilities and expectations can feel overwhelming, so it's important to take care of yourself during this busy time.

Here are a few ways to stay grounded:

- Set realistic expectations—focus on what truly matters
- Plan ahead and prioritize meaningful activities
- Create calming spaces with music, soft lighting, or quiet time
- Maintain healthy habits—stay hydrated and get enough rest
- Limit alcohol, caffeine, and sugar to support your energy and mood
- Take breaks and make time for yourself

Remember, the best gift you can give yourself is peace of mind. Wishing you a safe and joyful holiday season!

S	M	Т	W	т	F	S
29	30	1	2	3	4 Hanukkah Begins	5
					напиккап begins	
6	7	8	9	10	11	12 Hanukkah Ends
13	14	15	16	17	18	19
20	21	22	23	24	25	26
First Day of Winter				Christmas Eve	Christmas Day	Kwanzaa Begins
27	28	29	30	31	1	2
				New Years Eve		





#### Winter Weather Safety

Cold snaps and icy conditions are common this time of year, and it's important to know how to protect yourself and others from serious cold-related health risks.

When temperatures drop, two major concerns are frostbite and hypothermia. Here's what to keep in mind:

Frostbite can sneak up quickly, especially on exposed skin like fingers, toes, ears, and nose. If you notice numbness, pale or waxy skin, or loss of sensation, it's time to act:

- **Get indoors immediately**
- Warm the area slowly using body heat or warm (not hot) water
- Avoid rubbing the skin or using direct heat

Hypothermia happens when your body temperature drops below 95°F. Watch for signs like shivering, confusion, slurred speech, or extreme fatigue. If someone shows these symptoms:

- Move them to a warm, dry place
- Focus on warming the core chest, neck, head, and groin
- Wrap them in blankets, including the head and neck

Staying warm, dry, and alert during cold weather can prevent emergencies. Make sure your team and community are prepared for whatever winter brings.

S	M	Т	W	Т	F	S
27	28	29	30	31	New Years Day/ Kwanzaa Ends	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King Jr. Day	19	20	21	22	23
24	25	26	27	28	29	30



# Thank you, IPARKS Members, for your continued support!

53 Trails Estate Park District

**Albion Park District** 

**Allin Township Park District** 

**Armington Community Park District** 

**Arthur Community Park District** 

**Aviston Park District** 

**Bailey Park District** 

**Barrington Hills Park District** 

**Beardstown Community Park District** 

**Benton Community Park District** 

**Berkeley Park District** 

**Big Rock Park District** 

**Black Hawk Park District** 

**Blue Island Park District** 

**Blue Mound Park District** 

**Boone County Conservation District** 

**Braidwood Park District** 

**Bridgeview Park District** 

**Broadview Park District** 

**Brookeridge Park District** 

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**Burlington Township Park District** 

**Canton Park District** 

**Caps Park District** 

**Carbondale Park District** 

Carlinville Park District

**Carrier Mills Park District** 

**Central Stickney Park District** 

**Charleston Township Park District** 

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**Chestnut-Beason Park District** 

**Chicago Heights Park District** 

**Chillicothe Park District** 

**Clyde Park District** 

**Coloma Township Park District** 

**Cordova Township Park District** 

**Creston-Dement Park District** 

**Delavan Township Park District** 

**Dieterich Park District** 

**Dixon Park District** 

**Dolton Park District** 

**Douglad Park District** 

**Dunleith Park District** 

**East Oakland Township Park District** 

**Effingham Park District** 

**Elba-Salem Park District** 

**Eldorado Raleigh Pleasure Driveway** 

& Park District

**Fairfield Park District** 

**Farmington Township Park District** 

**Flanagan Community Park District** 

Fon Du Lac Park District

**Forest Preserves of Winnebago County** 

**Forest View Park District** 

**Forman Park District** 

**Foss Park District** 

**Frankfort Community Park District** 

**Franklin Township Park District** 

**Freeburg Park District** 

**Freeport Park District** 

**Gateway Special Recreation Association** 

**Germantown Park District** 

**Glen Ellyn Countryside Park District** 

**Godley Park District** 

**Golfview Hills Park District** 

**Grand Tower Park District** 

**Grandwood Park Park District** 

**Granite City Park District** 

**Grant Memorial Park District** 

**Greater Brownstown Park District** 

**Griggsville Community Park District** 

**Hamilton Park District** 

**Hanna City Park District** 

**Hanover Township Park District** 

**Harrisburg Township Park District** 

**Harvey Park District** 

**Havana Park District** 

**Hennepin Park District** 

**Herrin Park District** 

**Hollis Park District** 

**Horner Park District** 

**Hutsonville Park District** 

Illinois River Valley Special Recreation Association

**Inverness Park District** 

**Joliet Park District** 

**Kankakee River Valley Forest Preserve District** 

**Kewanee Park District** 

**Kingsbury Park District** 

**Kingston Township Park District** 

La Harpe Park District

**Lafavette Park District** 

**Lake Barrington Countryside Park District** 

**LaMotte Township Park District** 









**♀** Freeport Park District



Harrisburg Township Park District



Oswegoland Park District





**♀** Chillicothe Park District



Parrington Hills Park District

