



# INSIDE WITH MWR

*PLEASE FOLLOW GARRISON AND HOST NATION GUIDANCE FOR OUTDOOR ACTIVITIES DURING COVID19 RESTRICTIONS. ALWAYS PRACTICE SOCIAL DISTANCING DURING ACTIVITIES.*

**Stay-at-Home** things to do...

*Things that can be done in your home, garden or in the surrounding area by yourself or with your family  
Plus basic maintenance tips and safety information*





# Bicycle Safety

**INSIDE WITH MWR**  
Stay-at-Home  
Things to do...



## Bicycle Safety

<https://www.nhtsa.gov/road-safety/bicycle-safety>

## Bike Safely and Enjoy Your Ride

<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/bicycles>

## Bike Safety for KIDS

<https://kidshealth.org/en/kids/bike-safety.html>

## Bike Safety for TEENS

<https://kidshealth.org/en/teens/bike-safety.html>

## German Road Safety - By Bike

<https://www.germanroadsafety.de/compact-guide/en/k3.html>



**TWO EASY WAYS TO BE A SAFER BICYCLIST**

- Wear the Proper Gear:** Wearing a bike helmet and other safety gear reduce the severity of bike injuries, especially head injuries. Additionally, wearing snug clothes and reflective materials will alert vehicles of your presence in the mornings and evenings, as well as on cloudy days.
- Follow the Rules of the Road:** Following the rules of the road means that you need to obey all traffic laws as well as signaling at the appropriate times.

**BIKE HELMETS**  
Bike helmets reduce the risk of head injuries by up to 88%. Cyclists who don't wear helmets are 2.3 times more likely to sustain a head injury and 4.3 times more likely to sustain a fatal injury.

**COMMON BIKE INJURIES**  
Road Rash  
Muscle Sprains and Strains  
Fractures and Broken Bones  
Concussion  
Head and Brain Injuries

**STATISTICS**

Biking is a great way to get in shape, save money on transportation, or just enjoy the great outdoors. Unfortunately, every year thousands of people are injured and hundreds of people are killed while riding bicycles.

More than 67 million people ride almost 15 billion hours each year in the United States. Bicycling is the cause of the most head injuries out of any sport. In 2009, bicycling caused about 88,000 head injuries and more than 40,000 head injuries in children.

**40,000** Head Injuries to Children

Every year more than 500,000 people go to the emergency room with bike injuries and over 700 people die.

**4** Billion Dollars

These bike injuries and deaths cost over \$4 billion each year.

**RIDERS AREN'T ALWAYS IN THE RIGHT. BUT THEY ARE ALWAYS FRAGILE.**

Take the high road and give bicyclists the space they need to ride safely. Check our website for more road sharing tips.

**VISIT ORTHOINFO.ORG/BIKESAFETY**

ORF ORTHOPAEDIC REHABILITATION AND TRAINING ASSOCIATION  
AAOS American Academy of Orthopaedic Surgeons



## Classic and in/outdoor games

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Things to do...



30 Classic Outdoor Games for Kids

<https://www.wired.com/2009/08/simpleoutdoorplay/>

36 of the Most Fun Outdoor Games for All Ages

<https://www.playpartyplan.com/fun-outdoor-games/>

60 Fun Outdoor Games for Kids this Summer

<https://www.familyfuntwincities.com/outdoor-games-for-kids/>

100 Fun DIY Backyard Games

<https://www.prudentpennypincher.com/diy-backyard-games/>





# How to clean your tent and camping equipment

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How to Clean a Tent

<https://www.rei.com/learn/expert-advice/how-to-clean-a-tent.html>

Tent Care, Maintenance & Common Repairs | How to Clean a Tent

<https://koa.com/blog/tent-care-maintenance-common-repairs-how-to-clean-a-tent/>

Stinky Tent? 7 Tips on How to Clean a Tent That Smells

<https://www.skilledoutdoors.com/tips-on-how-to-clean-a-tent-that-smells/>

How to Clean and Store Your Gear

<https://www.backpacker.com/gear/how-to-clean-and-store-your-gear>

Keep Your Gear Like New: Cleaning, Repair, and Storage Tips

<https://www.eurekacamping.com/blog/article/keep-your-gear-new-cleaning-repair-and-storage-tips>

How To Clean Your Technical Outdoor Gear

<https://blog.theclymb.com/tips/clean-technical-outdoor-gear/>





# Hunting, Fishing and Sport Shooting

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Hunting, Fishing, Sport Shooting - Program Overview for Europe  
<https://wiesbaden.armymwr.com/programs/hunting-fishing-sport-sho>

Army Europe Region 215-145 and U.S. Air Forces Europe Instruction 34-104, dated November 14, 2017  
[https://wiesbaden.armymwr.com/application/files/9915/3448/8730/AER215-145\\_20171114.pdf](https://wiesbaden.armymwr.com/application/files/9915/3448/8730/AER215-145_20171114.pdf)

Wiesbaden Hunting, Fishing & Sport Shooting Club/Program (part of Wiesbaden Outdoor Recreation)  
<https://sites.google.com/view/hfss-wiesbaden/>

**Please scroll down on the page for all reading materials for the following courses:**

- German Hunting Course - Instruction Materials
- German Fishing Course - Instruction Materials
- Sport Shooting Course - Instruction Materials
- Along with all supporting documents and publications





# Outdoor Bouldering

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Stay-at-Home  
Things to do...



How to Get Started Bouldering

<https://www.rei.com/learn/expert-advice/bouldering.html>

Beginner's Guide to Bouldering: What It Is & How to Get Started

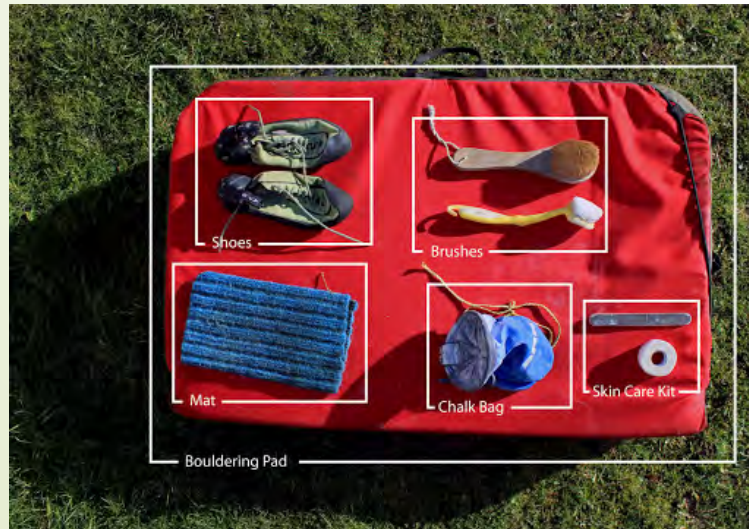
<https://www.99boulders.com/what-is-bouldering>

Ten Tips For Bouldering Outdoors

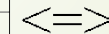
<http://threerockbooks.com/ten-tips-for-bouldering-outdoors/>

Bouldering outside for the first time – Our nine top tips

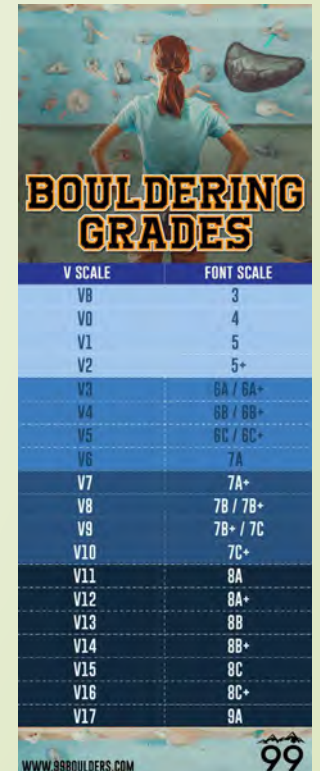
<https://www.climbernews.com/bouldering-outside-for-the-first-time/>



Bouldering		
Hueco	Font. (Fb)	Peak
V0-	1	B0
V0	2	B1
V1	3	B2
V2	4-/4+	B3
V3	5-/5/5+	B4
V4	6a/b	B5
V5	6c/6c+	B6
V6	7a	B7
V7	7a+	B8
V8	7b	B9
V9	7b+	B10
V10	7c	B11
V11	7c+	B12
V12	8a	B13
V13	8a+	B14
V14	8b	B15
V15	8b+	B16
V16	8c	B17
V17	8c+	B18
V18	8d	B19
V19	8d+	B20
V20	9a	B21
V21	9a+	B22
V22	9b	B23
V23	9b+	B24
V24	9c	B25
V25	9c+	B26
V26	9d	B27
V27	9d+	B28
V28	10a	B29
V29	10a+	B30
V30	10b	B31
V31	10b+	B32
V32	10c	B33
V33	10c+	B34
V34	10d	B35
V35	10d+	B36



Climbing				
Aus Tech	UK Adj	UK Tech	US YDS	French Tech
16	HVS	5a	5.9	5
17	E1	5b	5.10a	5+
18	E2		5.10b	6a
19			5.10c	6a+
20	E3	5.10d	6b	
21		5c	5.11a	6b+
22			5.11b	6c
23	E4	6a	5.11c	6c+
24	E5		5.11c/d	7a
25			5.12a	7a+
26	E6	5.12b	7b	
27		6b	5.12c	7b+
28			5.12c/d	7c
29	E7	5.13a	7c+	
30		6c	5.13b	8a
31			5.13c	8a+
32	E8	5.13d	8b	
33		7a	5.14a	8b+
34			5.14b	8c
35	E9	5.14c	8c+	
36		7b	5.14d	9a





# Outdoor Cooking and BBQ Grilling Safety

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Stay-at-Home

Things to do...



### Outdoor Cooking Safety

<https://safety.lovetoknow.com/food-safety/outdoor-cooking-safety>

### 9 Grilling Safety Tips for Summer Barbecues

<https://blog.nationwide.com/grill-safety/>

### 10 Major Grilling Safety Mistakes You Might Be Making

<https://www.tasteofhome.com/collection/grilling-safety-mistakes/>

### Grill Safety

<https://www.hpba.org/Consumer-Information/Barbecue-Outdoor-Living/Grill-Safety>

### Grill Safety Tips for Outdoor Grilling

<https://homefirstagency.com/learnfirst/grill-safety-tips-for-outdoor-grilling>

### Barbecue Grill Safety

<https://www.stuttgartcitizen.com/columns/safety/barbecue-grill-safety/>



**Grilling Fire Safety Tip**

To prevent a fire, place grill well away from the home, deck railings, out from under eaves and overhanging branches.



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading international and knowledge resource on fire, electrical and related hazards.



**BBQ FIRE SAFETY TIPS**

safety tips for your summer bbq

-  CLEAN BBQ BEFORE EACH USE
-  REPAIR & REPLACE RUSTING PARTS
-  CHECK TUBES FOR BLOCKAGE
-  SET UP GRILL IN AN OPEN, UNCOVERED AREA
-  ONLY USE FRESH CHARCOAL DO NOT ADD LIGHTER FLUID TO BURNING CHARCOAL
-  NEVER LEAVE GRILL UNATTENDED
-  BE PREPARED FOR FLARE-UPS
-  SAVE THE DRINKS FOR LATER

CERTIFIEDRESTORATIONINC.COM





# Ski/Snowboard Maintenance for beginners

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Things to do...



How to Tune Skis

<https://www.rei.com/learn/expert-advice/tune-skis.html>

How to Clean Skis

<https://www.sportsrec.com/clean-skis-2126829.html>

Ski Maintenance: The Art of Taking Care of Your Skis

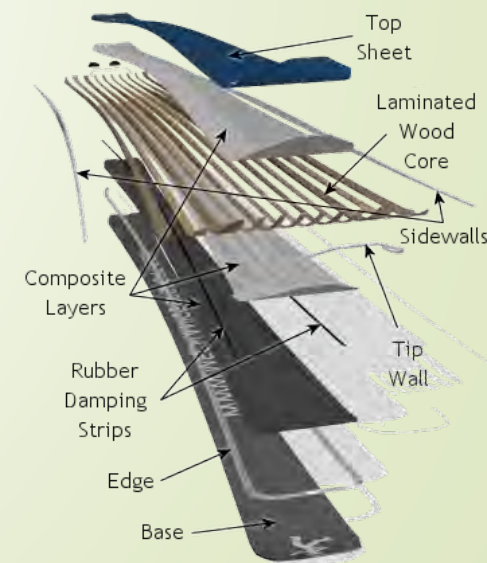
<https://blog.skis.com/ski-maintenance-art-taking-care-skis/>

Taking Care of Your Snowboard Between Sessions

<https://www.skiandsport.net/blog/2016/04/taking-care-of-your-snowboard-between-sessions/>

Putting away your Skis and Stuff

<https://www.seniorsskiing.com/putting-away-skis-stuff/>





# Sun Protection

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Things to do...



Why Become a Sun Safe Workplace?

<https://www.gosunsmart.com/>

Sun Protection, Your Daily Sun Protection Guide

<https://www.skincancer.org/skin-cancer-prevention/sun-protection/>

Skin Cancer and Sun Safety

[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)



**SAY YES TO SUN PROTECTION SAY NO TO SKIN CANCER**

SKIN CANCER IS THE MOST COMMON CANCER IN THE U.S. **ONE in FIVE** Americans will develop skin cancer in their lifetime, and one person dies from melanoma, the deadliest form of skin cancer, every hour.

THERE ARE TWO TYPES OF SUNSCREENS:

- PHYSICAL SUNSCREEN**: This sunscreen WORKS LIKE A SHIELD. It sits on the surface of your skin, deflecting the sun's rays.
  - SEEKING SHADE
  - WEARING PROTECTIVE CLOTHING
  - GENEROUSLY APPLYING SUNSCREEN
- CHEMICAL SUNSCREEN**: This sunscreen WORKS AS A SPONGE, absorbing the sun's rays.
  - Look for one or more of the following active ingredients: OXYBENZONE, AVOBENZONE, OCTISALATE, OCTOCRYLENE, HOMOSALATE and OCTINOXATE.
  - This formulation tends to be EASIER TO RUB INTO the skin without leaving a white residue.

If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it's BROAD-SPECTRUM, WATER-RESISTANT and has an SPF of 15 OR HIGHER, it can effectively protect you from the sun. Make sure you reapply it every TWO HOURS, or after swimming or sweating.

If you have questions about how to protect your skin or choose a sunscreen, talk to a board-certified dermatologist or learn more at [SpotSkinCancer.org](http://SpotSkinCancer.org).

# Sun 101

## Know The Basics

- ✓ Choose a sun care product with an SPF that meets your needs.
- ✓ Look for sun care products labeled Broad Spectrum or UVA/UVB which provide adequate protection against the sun's harmful rays.
- ✓ Regardless of SPF level, be sure to reapply every two hours or as directed on the package.

Hours in the Sun	Skin Tone				
	Very Fair	Fair	Light	Medium	Dark
1	SPF 30	SPF 15	SPF 15	SPF 8-14	SPF 8-14
2	SPF 30	SPF 30	SPF 30	SPF 15	SPF 15
3	SPF 50	SPF 50	SPF 30	SPF 30	SPF 15
4	SPF 50-110	SPF 50	SPF 30	SPF 50	SPF 30
5	SPF 50-110	SPF 50-110	SPF 50-110	SPF 50	SPF 30

For more Sun 101 information visit [www.bananaboat.com](http://www.bananaboat.com).  
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