

Top 5 Tips on Staying Safe at Crowded Events

Concerts, sporting events, and festivals are all fun events that are attended by many people. Being able to see your favorite musician or sports team live and in person is very exciting. Although your worries may be focused on how you will get there on time, what the best seats are at the venue, or what type of bag to bring, you may be forgetting one of the most important things. This is making sure you and your group are informed on ways to stay safe during these events. When I went to a concert in May of 2024, with a crowd of 2,000 people, many were fainting and had to be taken out of the venue. My group experienced problems with heat and knowing little about the venue. Luckily, we had food with us and learned how to be more prepared for the next event we went to. You can easily faint or be in danger when surrounded by many people. Whether you are attending an event with 500 people, or 50,000 people, it is always important to ensure that you are safe and healthy at all times. My top 5 tips on staying safe at these events are:

- 1. Bring Food and Water** - Bringing bottled water and small snacks can be helpful while waiting in lines and standing in crowds. Having easy access to snacks and drinks can help prevent you from fainting or feeling nauseous.
- 2. Bring Money** - If you are able to, it is always a good idea to have extra cash on you in case you need to purchase food or other goods in an emergency.
- 3. Research the Weather** - Whether the event is outside or inside, always research the weather it will be the day of the event. Wearing temperature-appropriate clothes is necessary to prevent overheating. In most cases, light and warm temperature clothes are recommended, as a crowd of people can cause an increase in temperature.

4. **Bring a Friend** - Bringing any amount of friends is something that allows you to be safer and more prepared. You can discuss meeting spots, plan who is bringing what, and have somebody else that you can check in with to make sure each other is safe.
5. **Research the Venue** - Researching the venue is one of the most important tips for ensuring safety at a concert. This will allow you to know where the exits, parking, and concession stands are. This will also allow you to easily get to your seat. The number of people attending the event can be easily found during research, so it can help prepare you and allow you to bring extra things if needed. Not only that, but it will inform you on what bags you can bring and if and what food and drinks you can bring. Researching the venue will help you adjust these tips to fit the venue rules and allow you to have all you need to stay safe.

It is near the time when many big sporting events start, such as NFL games. In addition, many popular music artists, like Sabrina Carpenter and Taylor Swift, have recently started or are near starting their tours. These five tips are some that helped me, or some that I wish I had known while at my concert. Staying safe and healthy is the most important thing to remember as it helps you be prepared, which can stop your worries and help you have a fun time at the event.