Sports Safety Checklist

Before you "get into the game" make sure you and your team:

- Y N
 □ Are you injury-free and feeling well enough to play?
- Do you drink plenty of water before, during and after playing to avoid headaches, feeling dizzy or other signs of dehydration?
- ☐ Are first aid supplies and health and emergency information available?

Get Set...

- Y N
- □ □ Do you warm up then stretch before playing?
- □ □ Do you always wear properly fitted and appropriate safety gear (helmets, mouthguards, pads, etc.) for games and practices?
- ☐ ☐ Does someone check for hazards like broken glass before you play?
- □ □ Do you play with adult supervision?

Go!

- Y N
- □ □ Do you take rest breaks at practice and during games?
- ☐ ☐ Do kids and adults practice good sportsmanship and play by the rules?
- ☐ ☐ Do you tell someone when you have been hurt and not "play through an injury"? You can cause long term damage if you play after being hurt particularly with a head injury!

If you said "NO" to any of these questions, take time to plan and prevent injuries or illness.

Material adapted from the National SAFE KIDS Campaign

