



Sports Safety

Before the Games Begin:

- All children should receive a general health exam
- Know your coach; is she/he a state approved coach for the sport? CPR trained? First aid trained?
- Children should be physically and psychologically ready to play and know the basic skills
- Kids should be playing against kids of similar skill, weight, and maturity
- Check the activity area for hazards and consider potential weather conditions
- Make sure children wear the appropriate safety gear and equipment for the sport
- Make sure children warm up and stretch before playing

During the Game:

- Make sure children are supervised by an adult at all times
- Keep children hydrated prior to, during, and following athletic activities
- Make sure kids receive adequate rest breaks
- Be a role model, both parents and coaches; practice good sportsmanship and play by the rules
- Always leave emergency contact information with the coach

To Prevent Overuse Injuries Per the American Academy of Pediatrics (AAP):

- Limit training to no more than five days a week
- Participate in sports that emphasize fun, safety, sportsmanship, and learning
- Take a break between seasons, preferably two to three months, if they play multiple sports
- Organized sports should not begin before age five