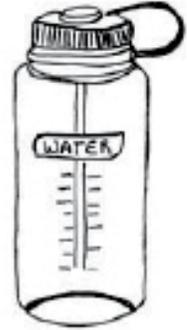


Sports Safety Checklist

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



Get Ready...

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, eye protection, 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.

For more Fact Sheets please go to www.ParentHelpNH.org



Children’s Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org