

# Sports Safety Checklist for Athletes



## Warm-Up and Stretching

- I warm up and stretch before practices and games.



## Drink Water

- I make sure to bring a water bottle to every practice and game.
- I drink plenty of water before, during and after play. I don't wait until I feel thirsty to drink water.
- If I feel dizzy, lightheaded or just not right, I make sure to tell my coach that I need a water break.



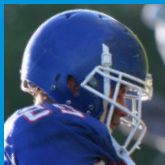
## Appropriate Gear

- I make sure to have the right equipment and wear it for both practices and games. That includes helmets, shin guards, mouth guards, ankle braces, shoes with rubber cleats and sunscreen.



## Concussion Awareness

- I know the signs and symptoms of a concussion and make sure my coach and parents know them, too.
- If I think I have a concussion or just don't feel right, I make sure to tell my coach right away so I can sit out and get checked out.



## Rest and Recovery

- If I have any pain during or after any practices or games, I make sure to tell my coach, parents or another adult if I'm hurt or don't feel well.
- I know it's OK to take a break to rest during practices and games and will tell my coach when I need one.
- I make sure I take at least one or two days off each week from any sport.

