

Sports Safety Tip Sheet



- 1.** Warm up and stretch before you play sports.
- 2.** Cool down and stretch after you play sports.
- 3.** If you play soccer, wear shin guards and shoes with rubber cleats.
- 4.** If you play football, wear a helmet, face mask, full padding, and an athletic cup (for boys).
- 5.** Wear shoes with good ankle support when you play basketball.
- 6.** Wear a batting helmet when you're up to bat.
- 7.** Wear a helmet when you ski or snowboard.
- 8.** Wear a helmet everytime you ride a bike.
- 9.** If you are playing outside, wear SPF 15 or higher sunscreen.
- 10.** Drink enough liquids to prevent dehydration and heat illness.
- 11.** Kids should have a general health exam before enrolling in a sports program.

Founded By



Founding Sponsor

Johnson & Johnson