

# Sports Safety Checklist for Kids



## Warm-Up

- 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.



This information has been distributed by Safe Kids Grand Forks, Altru Health System and Sunshine Memorial Foundation. For more information on sports safety, concussions or other childhood injury risk areas, contact Safe Kids Grand Forks at 701.780.1489 or [safekids@altru.org](mailto:safekids@altru.org).



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