



# Sports Safety

## for Parents and Coaches

- Make sure athletes warm up and stretch before practices and games to prevent injuries.
- Learn CPR, AED and injury prevention skills, and have a stocked first aid kit handy.
- Know the signs and symptoms of a concussion, and remember, when in doubt, sit them out.
- Make sure athletes drink plenty of water before, during and after play.
- Make sure athletes use properly-fitted sports gear at every practice and game.
- Encourage athletes to take one or two days off each week from any sport to prevent overuse injuries.
- Encourage athletes to speak up if they get injured at any time.
- Teach athletes to follow the rules of the game, and show good sportsmanship to teammates, opponents, coaches and officials.

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It takes a lot to excel in any sport, and knowing how to properly train and play is key. Continue to learn how kids can be top performers with Safe Kids Worldwide.

## Learn it.

Visit [www.safekids.org](http://www.safekids.org) to watch sports safety videos featuring leading sports experts and sports celebrities. Download additional tips and other resources.



## Share it.

Pass it on! On Twitter, Facebook, Instagram and Pinterest, share what you learn with other parents and coaches to keep the whole team in top form. Use #sportsafety and #JNJ.



## Go for it.

Go play! Take a photo of your kid putting these great tips into action and submit it at [www.safekids.org/sportsclinics](http://www.safekids.org/sportsclinics). We will feature selected photos.



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