

# Sports Safety Checklist for Parents



## Physicals and Preparedness

- I take my child to the doctor for an annual pre-participation physical evaluation (PPE) before the sports season begins.
- My child's coaches have our emergency contact information (phone numbers, doctor information and allergy information).
- I meet with my child's coach before the first practice to share any history of asthma or other medical conditions that may require special attention.



## Warm-Up

- I encourage my child to warm up and stretch before practices and games.



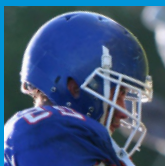
## Hydration

- I send my kids to practices and games with a water bottle. I encourage my athletes to stay well hydrated by drinking plenty of water before, during and after play.
- My child's coach has regular water breaks in place so that the kids are drinking plenty of fluids during practices and games.
- I know and look for the signs and symptoms of dehydration, and make sure that my athlete and the coach knows them as well.



## Appropriate Gear

- My child has the right equipment and is wearing it for both practices and games. The right equipment may include helmets, shin guards, mouth guards, ankle braces, shoes with rubber cleats and sunscreen.



## Concussion Awareness

- I know and look for the signs and symptoms of a concussion, and make sure that my athlete and the coach know them as well.
- If my child is suspected of having a concussion, I make sure he or she is removed from play right away and stays out of the game or practice until evaluated and released by a medical professional.



### Rest and Recovery

- To help avoid overuse injury, I make sure my child and the coach understand the value of rest and recovery during games and practices.
- I encourage my child to communicate any pain or injury they may have during or after any practices or games. I make sure they know it's smart to tell me, their coach or another adult if they're hurt or not feeling well.
- I encourage my child to get one to two days off from any particular sport each week.
- My athlete understands the importance of an off-season and takes at least 10 consecutive weeks of rest from any one sport every year.



### Sports Clinics

- I'll attend a free sports safety clinic in my area. These clinics, such as ones held by Safe Kids across the United States, provide coaches and parents with ways to keep young athletes healthy and injury free throughout their sporting careers.



For more resources on how to keep your athletes healthy and injury free, go to [www.safekids.org/sports](http://www.safekids.org/sports).