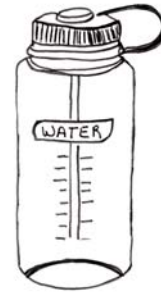


# Sports Safety Checklist

Before you "get into the game" make sure you and your team:



## Get Ready...

- |                          |                          |  |
|--------------------------|--------------------------|--|
| Y                        | N                        |  |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you injury-free and feeling well enough to play?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you drink plenty of water before, during and after playing to avoid headaches, feeling dizzy or other signs of dehydration? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are first aid supplies and health and emergency information available?   |

## Get Set...

- |                          |                          |  |
|--------------------------|--------------------------|--|
| Y                        | N                        |  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you warm up then stretch before playing?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you always wear properly fitted and appropriate safety gear (helmets, mouthguards, pads, etc.) for games and practices? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does someone check for hazards - like broken glass - before you play?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you play with adult supervision?  |

## Go!

- |                          |                          |  |
|--------------------------|--------------------------|--|
| Y                        | N                        |  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you take rest breaks at practice and during games?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do kids and adults practice good sportsmanship and play by the rules?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you tell someone when you have been hurt and not "play through an injury"? You can cause long term damage if you play after being hurt - particularly with a head injury! |

**If you said "NO" to any of these questions,  
take time to plan and prevent injuries or illness.**



Material adapted from the National SAFE KIDS Campaign

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Education,  
NH Department of Health & Human Services, NH Pediatric Society, and NH SAFE KIDS Coalition