

SPORTS SAFETY CHECK

Hey, parents of young athletes!

For a fun and safe season – Do The  Check!

YES NO

1 My young athlete learns the fundamentals of the sport.

2 My young athlete has a preseason physical.

3 My young athlete gets physical and mental conditioning.

4 My young athlete has a well-balanced diet, including plenty of water.

5 My young athlete's coach insists on adult supervision at all times.

6 My young athlete's coach checks the playing area to ensure safe conditions.

7 My young athlete always wears the right protective gear for his/her sport.

8 My young athlete is matched and grouped by skill level, weight and physical maturity.

9 My young athlete knows the rules of his/her sport and plays fair.

10 My young athlete's coach is certified in CPR and first aid and has an emergency medical plan.

