



# Get into the Game!



Parents, before the whistle blows,  
Do the safety check!

## Get Ready...

- ✓ My kids understand the basic skills of the sport before they get into the game.
- ✓ My kids drink **plenty of fluids** before, during and after playing sports and eat a well-balanced diet.
- ✓ Before the season begins, my kids **get in shape** for their sport and have **regular check-ups** with their doctor.
- ✓ My child's coach and/or athletic trainer have a list of **emergency contacts** just in case there is a problem.
- ✓ When I carpool, I make sure all kids have their own **seat belt or child safety seat** and sit in a rear seat.

## Get Set...

- ✓ My kids **warm-up and stretch** before playing their sport.
- ✓ My kids always wear the right, properly fitting **protective gear** as well as **sunblock and bug repellent**.
- ✓ Field surfaces and playing areas are inspected and **safe** before my kids begin to play.
- ✓ My kids play team sports under the **supervision** of a coach and/or certified athletic trainer.

## GO!

- ✓ My kids are properly supervised at all times.
- ✓ My kids take regular rest breaks at practice and at the game.
- ✓ My kids **do not "play through an injury."**
- ✓ Parents, coaches and players always practice **good sportsmanship** and play by the **rules**.

