



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 to watch sports safety videos featuring leading sports experts and sports celebrities. Download additional tips and other resources.



Share it.

Pass it on! On social media, share what you learn with other parents and coaches to keep the whole team in top form.



Go for it.

Go play! Post a photo of your kid putting these great tips into action. Use #JNJ and #safekids to be featured on our website.



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