

Go Outside and Play – Safely

Tips to Help Keep Kids Safe During Sports and Recreation

Before the Kids Go Outside To Play, Be Sure They:

- Have appropriate, properly fitting, sports-specific equipment and protection for games and practices, and know how to use it
- Do conditioning, strengthening and stretching exercises appropriate to the sport or recreational activity
- Learn the proper technique for the movements of the game (pitching, swinging a bat, protecting a goal, etc.)
- Know to take a break at reasonable intervals
- Agree to play by the rules
- Will stop playing if they experience pain or feel very tired
- Drink plenty of fluids, and know to stay hydrated during and after activity
- Wear sunscreen and a hat

Tips to Help your Child Avoid Overuse or Repetitive Motion Injuries:

- Encourage involvement in more than one sport or activity
- Choose age-appropriate sports
- Make sure children are in the necessary physical condition for a sport or activity
- Be sure games and practices include warm-up and cool-down routines
- Provide appropriate shoes
- Stress the importance of staying hydrated

More Tips Parents Can Use to Help Keep Kids Safe:

- Be sure playing fields are properly maintained and appropriate to the activity
- Determine whether there is appropriate adult supervision in place for the program or activity. If supervision appears to be insufficient, especially in an organized activity or sport, ask questions
- Be sure equipment is in good condition before allowing your child to use it

When on a Playground:

- Observe the 5-foot rule: Children under age 5 should not use playground equipment that is taller than 5 feet.
- Be sure equipment meets applicable safety standards.

