



# 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.



# How much water should a kid drink while playing sports?

For every **20 minutes of play**, a young athlete should drink about **10 gulps of water**.

1 gulp = 1/2 oz. of fluid

**A teen should drink about 20 gulps.**



The American Academy of Pediatrics (AAP) recommends: 5 oz. for an 88-pound child every 20 minutes, and 9 oz. for a 132-pound adolescent every 20 minutes.