

Gearing Up For Sports



Participating in sports is a great way to make friends, get in shape & keep your brain healthy. Sports help us learn important lessons about cooperation, determination, resilience and being part of a team.



4) Know your sport. Understand the rules & regulations. They are there to allow you to play aggressively while keeping yourself and others safe.



Playing a sport can put you at risk to sustain an injury. Your body is moving in all sorts of complex ways. If you aren't careful, you could tear a muscle, break a bone, damage your joints beyond full repair or sustain a concussion or brain injury.

5) Keep your head up! Watch out for players who might not see you standing there. If they aren't paying attention, make sure you are.



6) Don't play if you're already injured. You won't be helping your team or yourself if you're already hurt. You could risk aggravating your injury. This is an easy way to take a minor injury and turn it into a life-threatening one.

Here are some ways to stay protected!

- 1) Make sure you have all the necessary protective gear for your sport. Ensure that it fits you properly, and is in good condition. Wear your gear EVERY TIME you play; practice & games.
- 2) Stretch your body before and after. The more flexible your joints and muscles are, the better your body will accept the strain and impact of your sport.
- 3) HYDRATE! Not drinking enough liquids through the day can cause exhaustion, headaches, severe cramps and even a trip to the ER.



****Remember concussions are injuries too! If you do not allow your brain to heal it can put you out of the game a lot longer.***



7) Remember, it's just a game. Listen to what your body is telling you. Take breaks, and eat a healthy diet full of the nutrients necessary for you to be a strong athlete and competitor.

As your gearing up for your fall sport to go into full swing, remember how important it is to keep yourself safe. Have fun this season!