

Play Safety
High 5
a safety checklist



- Make sure your young athlete has a water bottle to bring to practices and games. For every 20 minutes of play, a young athlete should drink about 10 gulps of water.
- Learn the signs and symptoms of a concussion (see link below) and encourage athletes to speak up if they get injured.
- Make sure your child's coach has all your emergency contact information.
- For wheeled sports, make sure your child wears a helmet and take the helmet safety fit test (see link below) to check that it fits properly.
- Check that the playgrounds where your children play have shock-absorbing surfaces. Rubber, synthetic turf, sand, pea gravel, wood chips or mulch are the safest options. Also look for hazards, such as rusted or broken equipment. Alert the school or the local parks and recreation office if a playground is unsafe.



Online Resources

Signs and symptoms of a concussion
bit.ly/ConcussionGuide

Helmet safety fit test
bit.ly/HelmetSafetyFitTest

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KIDS
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