



- 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 and encourage athletes to speak up if they get injured.
- Review your child's sports schedule for the year. Make sure they have at least one or two days off each week from any particular sport and a two month break between seasons.
- Make sure your child's coach has all your child's emergency contact information.
- 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.

Use #myhigh5 to let us know when you've finished!