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WAYS TO HELP AVOID SPORTS INJURIES

1 GET A CHECK-UP
Check with your doctor before you start to play



2 CONDITIONING
Stay fit and eat right so you're always ready

3 WEAR PROTECTIVE GEAR
Helmets, mouthguards, pads, wrist/elbow/knee guards and appropriate footwear can help avoid injuries



4 TEST & INSPECT
Check your equipment for appropriate parts and proper fit before every practice and game



5 STRETCH
Take the time to properly warm up and cool down your muscles before and after you play



6 HYDRATE
Get adequate amounts of fluids before, during and after practice or competition



7 PLAY BY THE RULES
Injuries happen when athletes execute illegal plays



8 CROSS-TRAIN
Play multiple sports to avoid overuse injuries



9 RECOVER
Sit out when you are injured



10 REST
Rest can make you stronger and prevent injuries of overuse, fatigue and poor judgement