



SAFE COMMUNITY COALITION

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## Sports Safety

- Always have children warm up before exercising and playing sports.
- Make sure children drink plenty of fluids, including water and sports drinks, to prevent dehydration.
- Always supervise children playing team sports.
- Match and group children playing team sports according to similar skill level, weight and physical maturity.
- Make sure children wear appropriate gear for all team sports—helmets, pads, shin guards, mouth guards, etc.
- Always keep first-aid supplies nearby.
- Make sure children wear sunscreen of SPF 15 or greater.

*Written by: UW Hospital Sports  
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