

Sports Parents: Your Safety Checklist



- My child has been taken to his/her pediatrician for a pre-participation physical evaluation this year.



- My child's coaches each have my child's emergency information (contact numbers, doctor info, and allergy info).



- I send my child to practice and games with a water bottle or sport drink.
- My child knows the importance of drinking before practice and games, even if that means drinking water during the school day.



- My child's coach has mandatory water breaks in place for the kids so that they are drinking during and after practices and games.

- I've discussed the symptoms of dehydration with my middle school/high school athlete; for younger athletes, I know and look for signs and symptoms, and I've ensured the coach knows too.



- My child has properly fitted equipment for his/her sport. In addition, I have talked to the coach about making sure my child is wearing it for both practices and games.

- I know the signs and symptoms of concussion and make sure that my athlete and his/her coach know them as well.

- I make sure my child, and the coach, understands the value of rest during a game and/or practice.

- My athlete takes at least 10 weeks off from any one sport during the year; playing different sports throughout the year is okay. And, he/she gets a good amount of rest and sleep during the week.



- I know to go to www.safekids.org for more tips and information.



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