

KEY SAFETY MEASURES FOR RESPONSIBLE SPORT PARENTS

- **Conditioning** – Check with your family doctor to assess your children’s fitness before they begin any sport programs. Have them participate in a sport specific conditioning program 1 - 3 months prior to the start of their sports season.
- **Hydration** – As you may have seen in the news recently, hydration is a big issue in sports. Teach your children the importance of hydration – send them to practice with water bottles, remind them to have water throughout the day, and greet them after practice with a nice cold bottle of water.
- **Nutrition** – We all know nutrition is important. It becomes even more important for our youth athletes who are burning lots of calories during practice and games. Do your best to ensure your athlete is eating a balanced diet and touch base with your coach on special nutritional needs before practices and games.
- **Equipment** – Make sure the equipment your children use for practice and games is safe. Make sure your children wear adequate protective gear and ask your children’s coaches if you can examine training and field equipment for safety. Also, teach your children to use equipment only for its intended purpose.
- **Injury Prevention and Treatment** – Partner with your children’s coaches to ensure greater safety. For example, keep a first aid kit in your car to supplement the coach’s first aid kit. Consider getting certified in first-aid and CPR and encourage other parents to do the same. You can never have enough qualified hands in case of an emergency. A first-aid kit and at least one adult trained and certified in first-aid and CPR should be present at all practices and games. If an injury occurs, remind your athlete to report the injury to the coach and if at school, to the school’s athletic trainer immediately.

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