

Top 10 Sports Safety Tips

1. Have a plan in place should there be an injury or emergency. This is the first step to being prepared.

2. Always warm-up and stretch prior to activity. The warm-up helps blood flow to loosen the muscles. Stretching will help to decrease injury.

3. A cool-down period and stretching is also recommended. A cool-down aids the body in returning to its resting state. Stretching at the end may help to decrease soreness.

4. Stay hydrated! Drink plenty of fluids. Dehydration occurs faster than you think and can happen while exercising in the heat and in the cold. Hydrating is an important part of any activity.

5. Dress appropriately for your environmental conditions. Certain materials can actually be a barrier to the body trying to use its own cooling mechanism properly. Lighter weight clothing are recommended when outside in the heat. Thin layers that can be removed or added are best for cooler temperatures.

6. Always wear the proper equipment for the sport you are participating in. Make sure the equipment is in good repair.

7. Medications can affect health and hydration - adjust activity and fluid intake accordingly. Sometimes medications, such as allergy or cold medicine, can dehydrate the body. If engaging in exercise, be mindful to stay hydrated.

8. Rest is a treatment! Proper rest encourages the body to recover. Following an injury, strenuous workout, or competition, the body may need time to recover. Returning prematurely to activity may impair the healing process.

9. Remember R.I.C.E. following an injury:

- R - Rest Rest encourages the body to heal.
- I - Ice Ice helps reduce pain and swelling.
- C - Compression Compression holds ice in place and reduces the area of swelling.
- E - Elevation Elevation uses gravity to assist in draining blood and fluid from an injured area.

10. Participating in sports should be fun! Enjoy!

This information provided by:

