

Name \_\_\_\_\_



# Sports Safety

*Use the words below to fill in the blanks on the right.*

Water

Warming up

Sportsmanship

Lightning

G  
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First Aid

Physical

Sunscreen

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*Spring and summer sports can be a lot of fun!*

*Waterloo Fire Rescue and Fire PALS want you to stay safe while you are having fun participating in sports. Proper equipment, staying hydrated, having good sportsmanship and proper training for the sport that you will be participating in goes along way in keeping you healthy, safe and strong. Have fun and be a team player!*

*From your friends at Fire PALS*



1. Make sure to have a yearly \_\_\_\_\_ before participating in sports practice.
2. Wear protective \_\_\_\_\_ for sports practice as well as for games.
3. Arrive to games and practices on time so that you can participate in \_\_\_\_\_.
4. Model good \_\_\_\_\_.
5. Take \_\_\_\_\_ to every game and practice. Staying hydrated is extremely important.
6. Never play outside when it is \_\_\_\_\_.
7. Wear protective clothing and \_\_\_\_\_ when playing outside.
8. Make sure that the playing \_\_\_\_\_ is in safe condition before starting practice or playing a game.
9. Always wear your \_\_\_\_\_ when you ride your bike and when you participate in wheel sports such as skate boarding or rollerblading.

## Sports Injury Facts:

Safe KIDS Worldwide reports that each year, in the United States, more than 3.5 million children under the ages of fourteen are treated for sports injuries. Solo activities such as biking, skating and skateboarding account for half of these injuries. Even though solo injuries tend to be more severe, contact sports have a higher rate of injury.

It is estimated that one out of every four participants in youth soccer, baseball or football have been injured at least once. Twelve percent of kids playing softball, and fifteen percent of kids involved in basketball sustain injuries.