

For more information on sports safety, please contact

University Hospitals Rainbow Babies & Children's Hospital
 Rainbow Injury Prevention Center
 216.983.1110

www.injurypreventioncenter.com

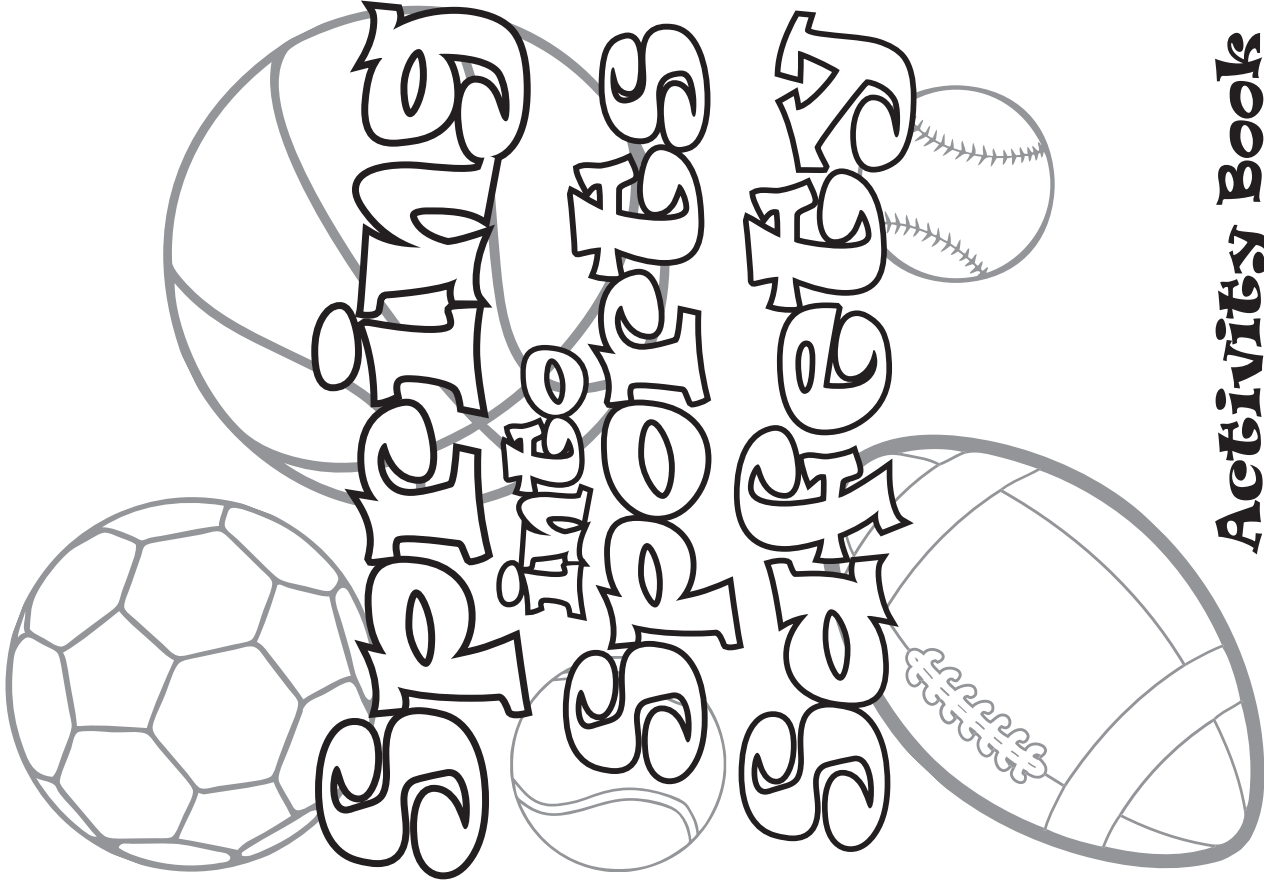
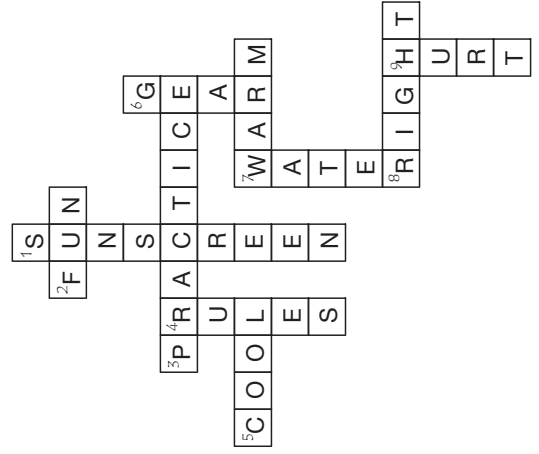
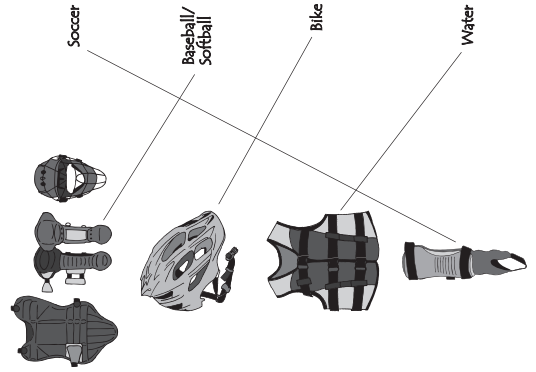


Answer Key

Word scramble:

pads, life jacket, volleyball, practice, helmet, soccer, snowboard, football, baseball

Secret message: PLAY IT SAFE



Activity Book



Playing sports is fun. Getting hurt isn't.

Follow these tips for practices, games, and playing at home.

- ◇ Warm up and stretch before you play sports. You're less likely to get hurt if you get your muscles ready before you play and stretch to cool down after you play.
- ◇ Drink liquids during and after practice or games to prevent dehydration and heat illness. Water is better for your body than sugary drinks.
- ◇ Know the rules of the game.
- ◇ Don't play when you're hurt.
- ◇ If you're playing outside, wear SPF 15 or higher sunscreen.
- ◇ Have fun!

Gear Up to Get Your Game On!

- ◇ Always wear protective gear at practice as well as actual games.
- ◇ If you play soccer, wear shin guards and shoes with rubber cleats.
- ◇ If you play football, wear a helmet, face mask, full padding and an athletic cup (for boys).
- ◇ Wear shoes with good ankle supports when you play basketball.
- ◇ Wear a batting helmet when you're up to bat in baseball or softball.
- ◇ Wear a helmet when you ski or snowboard.
- ◇ Wear a helmet every time you ride a bike.
- ◇ Wear a helmet, knee pads and elbow pads when skateboarding.

Unscramble these sports words

dpsa

1

flie cjakte

2

lbylvolael

4

crpetcai

5

teelmh

6

csreoc

7

bwnaoodts

8

tlofbola

9

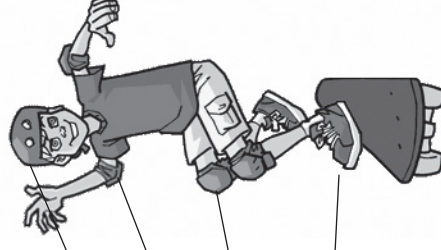
sblealba

10

Fill in the letters in the spaces below to find the secret message!

1 2 3 4 5 6 7 8 9 10

Skate Boarders Don't Forget!



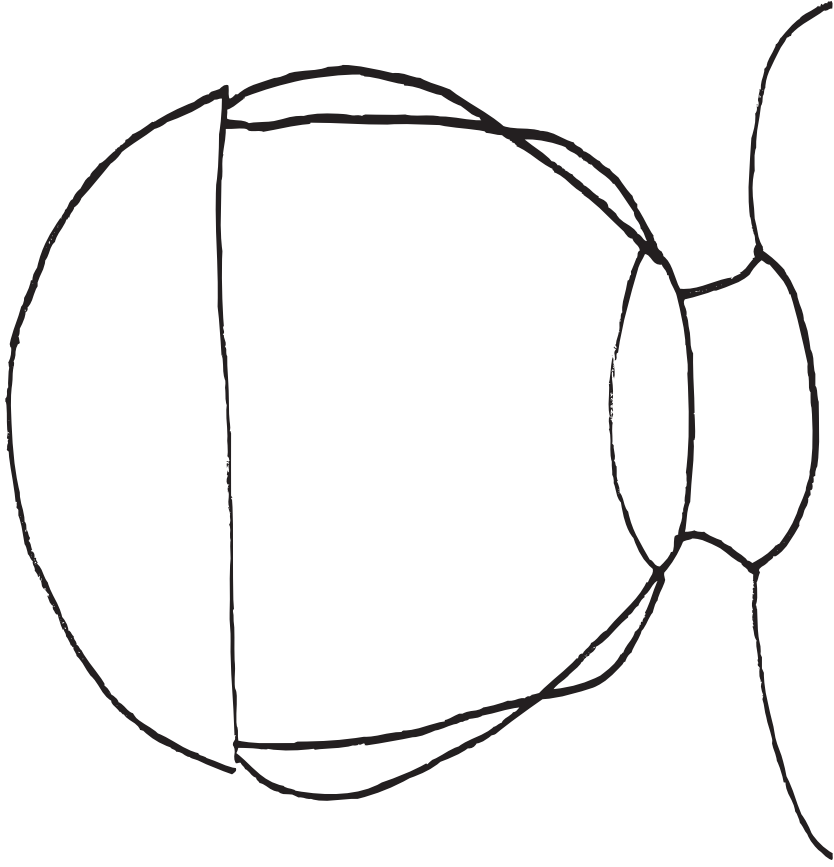
1.) Helmet

2.) Elbow Pads

3.) Knee Pads

4.) Shoes

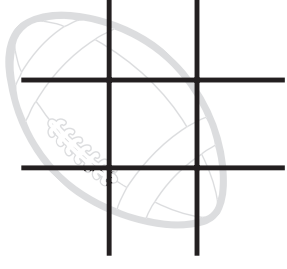
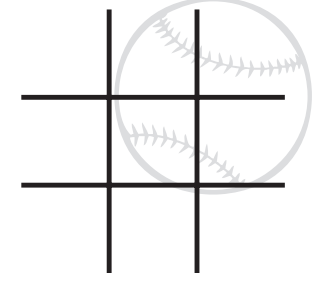
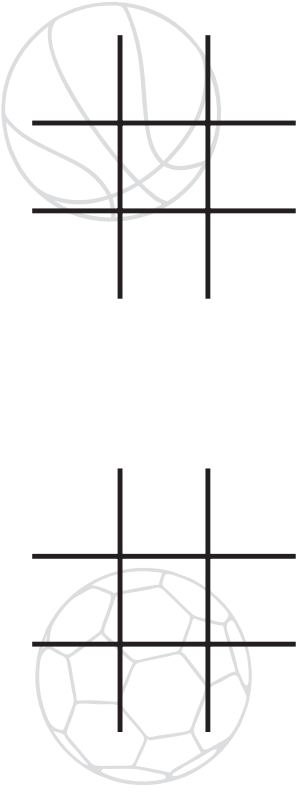
Design Your Own Helmet



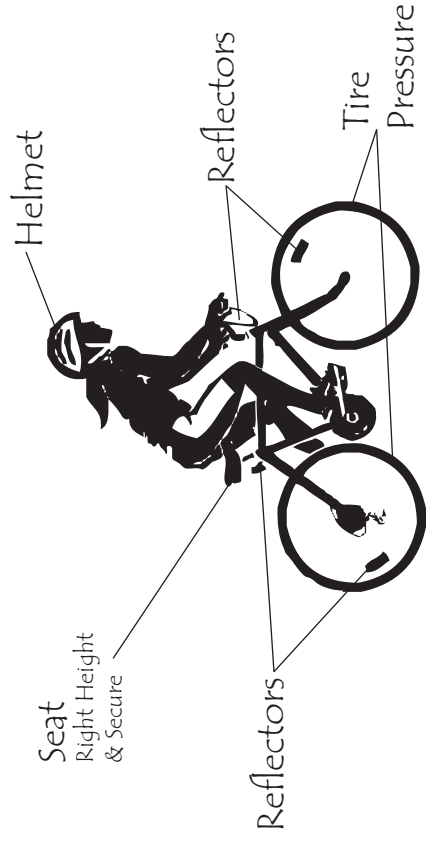
Using a helmet reduces the risk of head injury by 85 percent. So... why not wear one?

Draw in your own face and design a helmet as a reminder to keep your self safe when on a bicycle, skateboard or any other sport that needs a helmet. Come on, protect your brain! You know you need your brain. Let's keep it safe!

Tic-Tac-Toe



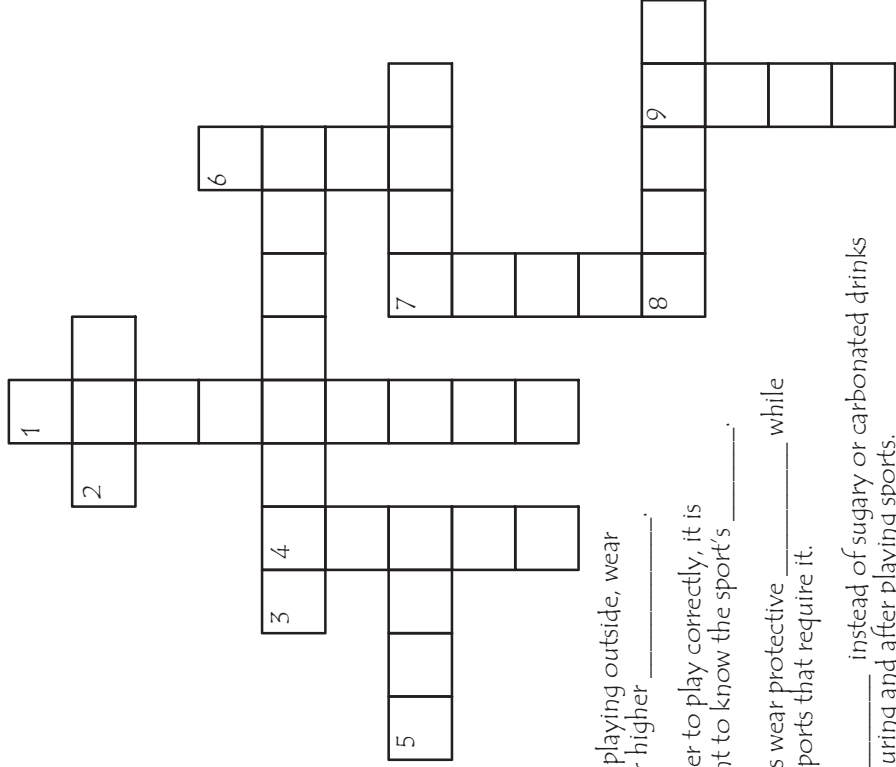
Bike Safety Checks



Sports Safety Crossword Puzzle

Across

- Have _____ while playing sports!
- Remember to wear gear and be safe at _____ as well as games.
- After playing sports, you should _____ down.
- Before playing your favorite sports, you need to _____ up your muscles.
- Make sure your equipment fits perfectly and is the _____ size for you.

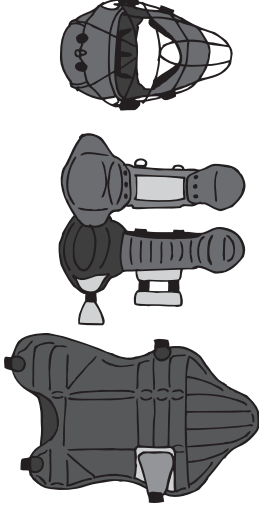


Down

- When playing outside, wear SPF 15 or higher _____.
- In order to play correctly, it is important to know the sport's _____.
- Always wear protective _____ while playing sports that require it.
- Drink _____ instead of sugary or carbonated drinks before, during and after playing sports.
- Don't play sports if you are _____.

Sports Safety Equipment Matching

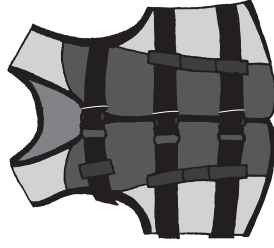
Draw a line matching the safety equipment to the sport it is used in.



Soccer



Baseball/
Softball



Bike



Water