



# 4 “S”s for Sports Safety

1

## **START** out slowly.

- Build up gradually.
- Take breaks while training and during games to prevent overuse injuries. Stay hydrated.
- Train on the exercise equipment you use to do it the correct way.

2

## **STRAP** on a helmet for sports that put you at risk for a head injury.

- Wear padding and other protective gear for the sport you do.
- Wear shoes and socks that fit well. The widest area of your foot should match the widest area of the shoe. Wear shoes that provide shock absorption and stability.

3

## **STRETCH** to make your body more flexible.

- Warm up before exercise by doing the exercise at a slower pace.
- Stretch after exercise when your muscles are warmed up.
- Try slow, relaxing stretches like those in yoga and tai chi.

4

## **STOP** if you feel pain. Don't do the activity until you can do it without pain. Talk to your doctor if the pain doesn't go away.

