



Play It Safe!

As children start playing sports this fall, here are some tips to keep them safe :



Always use sport-specific protective equipment such as helmets and pads, for sports activities



Maintain safe playing conditions, such as field surfacing and equipment maintenance as well as adult supervision



Develop and enforce safety rules



Make sure that kids drink an adequate amount of liquids while engaged in athletic activities

For more sports-specific safety tips, please visit www.ctsafekids.org

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