

# Spring Safety for Kids!

## **SPORTS**

- Always use the proper gear for the proper sport
- Keep hydrated during practice and games
- Make sure equipment is not broken or missing parts

## **PLAY**

- Always look both ways before you cross the street
- Read the rules before playing on a playground. Only play on equipment for your age.

## **SPORTS AND PLAY**

- If you get hit on the head, get checked out by a coach or other professional before going back to play.



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