**Sports Safety Activity**

Sports safety is a set of guidelines that keep you and your team safe and healthy during sports. This includes things that you should do before, during, and after sports. Sports safety is the responsibility of everyone on your team. There are many aspects to consider with sports safety. A safety checklist can be a helpful tool for everyone on the team.

# Materials

* **PebbleGo Next** article “Sports Safety”
* writing utensil and paper

# Directions

1. Choose a sport you participate in or would like to like to try. Develop a checklist relevant to your sport that promotes safety. Divide your list into three categories. They should include “Two Days Before the Sports Event,” “During the Sports Event,” and “After the Sports Event.” For each heading, write a list of specific actions you can take to improve sports safety. Refer to the **PebbleGo Next** article “Sports Safety” for examples. If your sport is soccer, you might include stretching under your “After the Sports Event” heading. You might include “extra hydration” under the “During the Sports Event” category.
2. Include a few drawings to illustrate some of your checklist items.
3. Ask your coach if you can present your checklist to the team. Ask your teammates if they would like to add anything to the list. Display the list in a place where all teammates can refer to it to increase sports safety.

# Critical Thinking

1. How might your checklist differ for a different sport? How might your checklist be similar?
2. How do the items on your checklist specifically increase safety within your sport?
3. Why is it important to include the entire team when thinking about sports safety? What might happen if only you engaged in these sports safety activities?