



Live safer.®

Safer Home Fact Kit

Checking Sports Facilities for Safety

Thousands of children and adults are injured each year while using community facilities or participating in local sporting activities.

To help ensure your community's sports facilities are as safe as possible, NSF International (www.nsf.org) and the Institute for Preventative Sports Medicine (www.ipism.org) offer the following preventative tips:

- Wear proper clothing for the activity or sport you plan to play, including the right shoes and other protective equipment. Make sure the equipment fits properly.
- Always take a few minutes to stretch and perform warm up exercises, as muscles that haven't been properly prepared tend to be injured more easily. Stay hydrated and drinking lots of water while exercising or playing sports.
- Inspect gym floors and tennis courts for the presence of foreign objects, water or excessive dirt on the floor before using. Soccer and softball fields should also be checked before each practice or game for holes or other dangerous objects.
- Understand and follow the rules and regulations for the facility or the sport you are playing. Many rules were developed to promote safety and to help reduce the chance for injury and should not be thought of as restrictions.
- Check to make sure outdoor pools are surrounded by at least a 4-foot high fence with self-latching gates to prevent unauthorized entry.
- Make sure pool drain covers are in place and intact before allowing children to swim.

Since injuries can happen, carry a cell phone or make sure phones are available in case of an emergency.



Always check the surrounding area for potential hazards before you start your workout.