

TIPS FOR SPORTS SAFETY



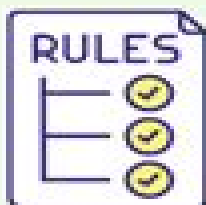
Use essential safety gear to prevent injuries.

Start with a warm-up to minimize injury risk



Stay hydrated to enhance performance and prevent dehydration.

Know basic first aid and have a response plan for injuries.



Follow sport-specific rules designed for safety to prevent accidents and injuries.

Playing Safe

Judd E. Hollander



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