

SUMMER SPORTS SAFETY

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Sports and recreational safety means taking part in leisure activities for fun and health, while avoiding injuries and accidents. The following guidelines should be followed before engaging in outdoor sports:

- **Get in Shape:** -- Before you take part in any outdoor activity you should make sure you are physically fit. Getting your body ready is the key to avoiding strain and injury.

- **Choose the Right exercise:** -- Choose exercises that are appropriate for your age and physical condition. You may want to consult a physician.

- **Planning:** -- Plan to start out slowly, increasing exercise periods gradually.

- **Warm-Up and Cool-Down:** -- Always start with a warm-up period and, when finished, a cool down period.

- **Know Your Limit:** -- Don't push your body beyond its capacity. Doing so is an invitation to injury.

- **Dress Appropriately:** -- Don't over dress or under dress. The weather changes quickly. Make sure you have a light jacket or sweater with you.

- **Protect your Eyes:** -- Wear sunglasses with a good Ultraviolet Ray (UV) rating and added protection for blue light. These types of lights can damage your eyes.