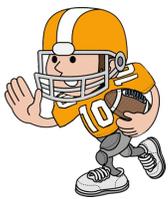


Gearing up for Sports

This newsletter is published by the Acquired Brain Injury (ABI) Education & Prevention Coordinator from Saskatchewan North ABI Services.



Participating in sports is a great way to make friends, get in shape, keep your brain healthy. Sports help us learn important lessons about cooperation, determination and being part of a team.



Playing a sport can put you in an opportunity to sustain an injury. Your body is moving in all sorts of complex ways. If you aren't careful, you could tear a muscle, break a bone, damage your joints beyond full repair or sustain a concussion or brain injury.

Here are some ways to stay protected!

- 1) Make sure you have all the necessary protective gear for your sport, that it fits you properly, and is in good condition. Wear it EVERY TIME you practice and have a game or match.
- 2) Stretch your body before and after. The more flexible your joints and muscles, the better your body will accept the strain and impact of your sport.
- 3) HYDRATE! Not drinking enough liquids through the day can cause exhaustion, headaches, severe cramps and even a trip to the ER.

4) Know your sport. Understand the rules & regulations. They are there to allow you to play aggressively while keeping yourself and others safe.

5) Keep your head up! Watch out for players who might not see you standing there. If they aren't paying attention, make sure you are.



6) Don't play if you're already injured. you won't be helping your team or yourself if you're already hurt. You could risk aggravating your injury. This is an easy way to take a minor injury and turn it into a life-threatening one.



****Remember concussions are injuries too! If you do not allow your brain to heal it can put you out of the game a lot longer.***



7) Remember, it's just a game. Listen to what your body is telling you. Take breaks, and eat a healthy diet full of the nutrients necessary for you to be a strong athlete and competitor.

As your gearing up for your fall sport to go into full swing, remember how important it is to keep yourself safe. Have fun this season!

Resources: <http://kidshealth.org/kid/watch/out/>