



## Injury Prevention

- Wear proper safety equipment such as shin guards, and proper footwear; it is recommended that a mouth guard be worn.
- Warm up to reduce the risk of a musculoskeletal injury.
- Observe the condition of the playing field. It should be free of debris and uneven ground.
- Check balls for proper inflation levels
- Drink plenty of water to avoid dehydration.
- Goal posts should be properly anchored to the ground. Do not hang or climb on goal posts.
- Use correct ball size for player's age and ability.
- Play by the rules. The rules were designed for the safety of the players.