

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:**
Look at the weather forecast for your area before you start your run. Rapidly moving weather fronts can change the outside temperature in a matter of minutes. Be prepared.

* **Protect your Eyes: --**
Wear sunglasses with a good Ultraviolet Ray (UV) rating and added protection for blue light. This type of light can damage your eyes and the effects can be cumulative.