



# TAKE THE PLEDGE

Be an advocate for sports safety!



## ATHLETE

The STOP Sports Injuries campaign needs your help spreading the word to your friends, family members and community about the importance of sports safety.

### *I Pledge To:*

- Not play through the pain if I am injured.
- Tell my parents, coaches, athletic trainers and health care providers when I'm injured.
- Take the proper preventive steps to reduce my risk of injury by participating in annual pre-season physicals, stretching before and after workouts, staying hydrated during practices and games, and not over-training.
- Help my teammates understand there can be long-term consequences and effects of youth sports injuries.
- Support the STOP Sports Injuries campaign by telling my friends and family about it.

For more information and details, visit the event page at [www.STOPSportsInjuries.org](http://www.STOPSportsInjuries.org) or Fan and/or Follow us at:

 [Facebook.com/STOPSportsInjuries](https://www.facebook.com/STOPSportsInjuries)

 [Twitter.com/SportsSafety](https://twitter.com/SportsSafety)

Name	
Organization/ School	
Address 1	
Address 2	
City	
State	
Zip	
Contact Email	

*By checking this box, I certify that I am of at least 18 years of age or am completing this pledge under the supervision of a parent or guardian present.*

ATHLETE