



Parents

Player Safety

Prevention starts with the right attitude, preparation (warm-up and cool down), and protection (proper equipment). One of the most important things in preventing injuries is respect, and that respect starts with the example you as a parent set:

- Encourage your child to never check to the head, hit someone from behind, or attempt to injure a fellow player.
- Be a positive influence by encouraging and celebrating positive behaviors like teamwork and skill development rather than negative behaviors like intimidation.
- Understand and respect the rules and reasons they are in place.
- Communicate to your child why certain rules are emphasized.