



CENTENE
Charitable Foundation

BEING ON YOUR GAME



DARBY BOINGG



BUCKAROO



KIT SPROCKETTE



STITCH



FREDBIRD

WITH SPORTS SAFETY!

WRITTEN and CREATED by
MICHELLE BAIN



Hey, friends! It's your pal, Darby Bolngg! I love sports, but when playing them it's important to remember to stay safe and on your game! We're going to learn about sports safety today! Draw yourself below with Fredbird and let's get started!



It was a beautiful day in Claytown! Darby Bolngg, Kit Sprockette, Buckaroo Bolngg and Fredbird played baseball at the park, practicing for the big game.



Fredbird hit the ball straight to Buckaroo, but Buckaroo wasn't paying attention and got bonked on the head by the ball!



DISCLAIMER: This book provides general information about sports safety. This information is not intended to be used for the diagnosis or treatment of any injuries or as a substitute for consulting a licensed health professional. Consult with a qualified physician or health care practitioner to discuss specific individual health needs and to professionally address medical concerns.

Everyone quickly stopped playing and rushed over to see Buckaroo was hurt.

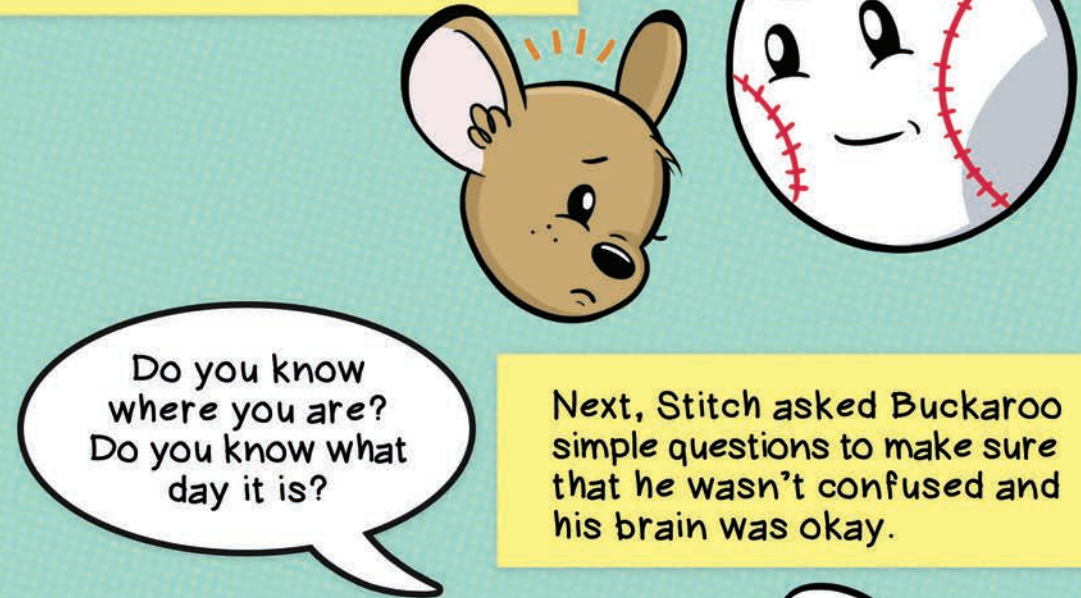


Their friend Dr. Ken was the official team doctor. He popped over with his helper, Stitch, to check on Buckaroo.

A team doctor is someone who can give first aid and medical advice in case anyone on the team gets hurt while playing.



Stitch looked at the spot on Buckaroo's head where the ball hit him to make sure everything looked okay.



Next, Stitch asked Buckaroo simple questions to make sure that he wasn't confused and his brain was okay.

Then, Dr. Ken put ice on Buckaroo's head so that the wouldn't swell and to help Buckaroo feel better.





Sports safety is no game! Every sport has ways to help keep players safe and protected.



Stretching and Warming Up

Playing safe starts even before the game! Make sure you prep the right way so you're ready when the team needs you!



STRETCHING

Stretching helps loosen up your muscles, joints and body. Stretching also helps lower your chance of getting hurt while playing!



WARMING UP

By warming up, you move your body and practice the movements you'll use during the sport (like swinging a bat). This helps your muscles, joints and heart become more active. It can also help you practice your technique.



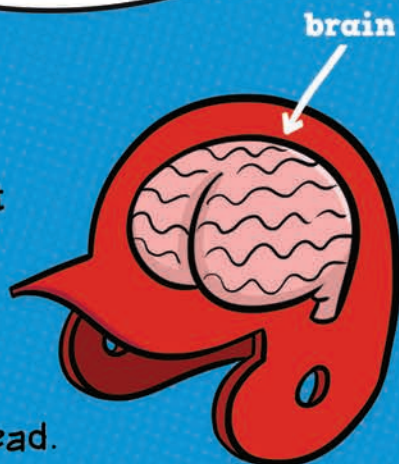
EQUIPMENT



Let's look at some of the protective gear from different sports and learn what they do!

HELMET

Helmets are like hard hats that protect your head, skull, brain and sometimes face. They also protect against concussions (CON-CUSH-SHUNS). These are brain injuries caused by bumps, blows or jolts to the head.

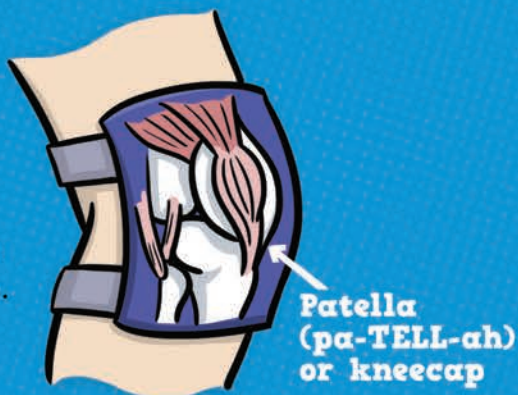


WRIST PROTECTOR

Wrist protectors are important to shield the little bones in your wrist from breaking or bending the wrong way.

KNEE PAD

Knee pads keep your knees protected from getting kicked, hit by a ball or when falling down.



LIFE JACKET

It's always important to wear a life jacket when you're doing a water activity. A life jacket will keep you afloat and safe from drowning.



MOUTH GUARD

You'll need to wear a mouth guard while playing many different sports. This soft rubber guard fits over your teeth to protect them from harm or accidentally biting yourself during a fall.



THE RIGHT SHOES

You need different shoes for different sports. They help you run, kick, slide and more! Make sure you know what shoes you need for your game!

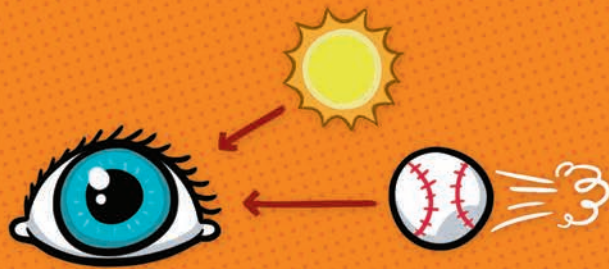


Cleats are shoes with spikes that grip the ground to help you move better.

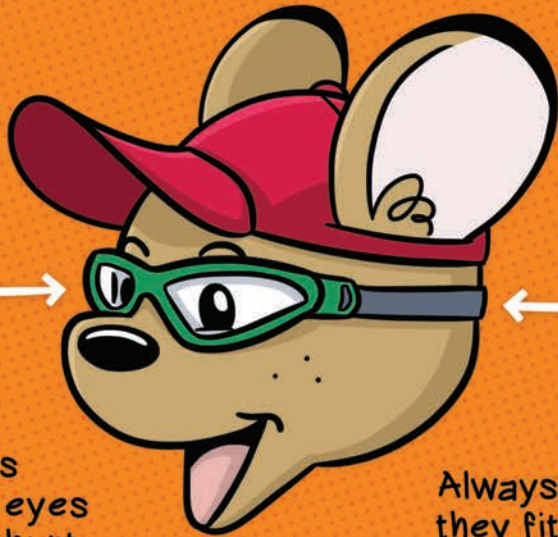
If you're not sure what safety equipment you need, ask an adult like a parent or coach!



EYES ON SAFETY



Your eyes are an important part of your game. Make sure to protect them from the sun and getting hurt.



Sport goggles protect your eyes from getting hurt if you get hit in the face. The lenses can also shade your eyes from the sun's rays.

Always make sure they fit you. They shouldn't be too loose or too tight. Ask an adult to help you!



If you take care of your eyes, they'll take care of you! Make sure to protect those peepers when you play!

STAYING COOL



Getting too hot or sunburned can ruin the best of games. Make sure to stay cool and sun-safe!



SUNSCREEN

Wear sunscreen every time you play a sport outside, even if it doesn't feel hot. Ask an adult to help you put sunscreen on 30 minutes before going out, then apply more every two hours.



STAY HYDRATED

Hydration (High-dray-shun) means having enough water in your body. Drink water or a sport drink without sugar so your body runs at its best!

SWEATING

If you play hard, you're going to sweat. Sweating is your body's way of cooling off! If you're sweating a lot, drink lots of water to replace what you've lost.



SAFETY ON THE FIELD



PAY ATTENTION

It's easy to get distracted. Always keep your eye on the ball! Pay attention because you never know when you might be at the center of the action!



ALWAYS WATCH WHERE YOU'RE RUNNING!

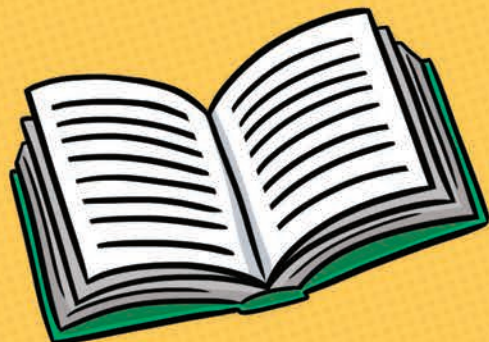
DON'T PLAY INJURED

If you do get hurt or have an injury, wait until you are all the way better before jumping back in the game! Playing too soon could hurt you even worse or keep your injury from healing.



COOL DOWN AND STRETCH

It is important to cool down and stretch after playing a sport. Cooling down lets your body slowly return to normal so you're less likely to faint, get dizzy or have muscle cramps.



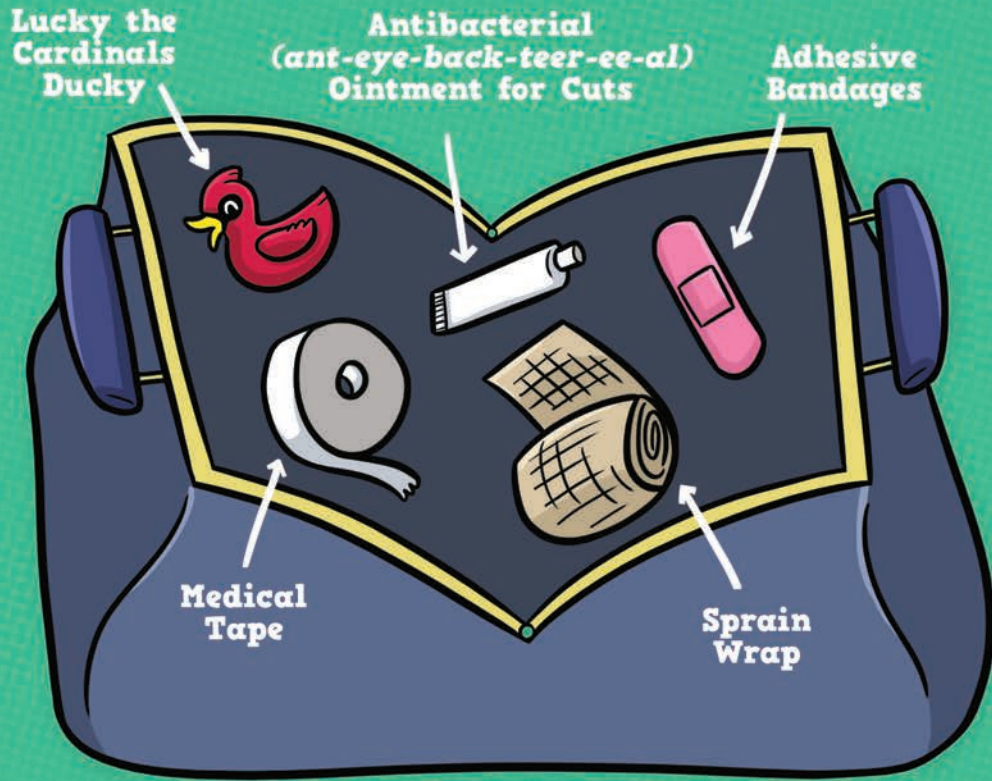
KNOW THE RULES

Know the rules of the game when playing! It will help you play better and keep those around you safer and on your game.

Wow! There are so many ways we can make our game the best it can be!



What's In Stitch's Bag?



With everything they learned, Darby Bolngg, Kit Sprockette, Fredbird and Buckaroo had an amazing, injury-free day of baseball!



IN CASE OF AN INJURY...

- ?
1. Ask the hurt player if he/she is okay.
 2. Ask what hurts.
 3. Tell them not to move.
 4. Tell an adult.



GEAR MATCH!

Match each player to his or her safety equipment!



MY SPORTS DAY

CHECKLIST

Ask a coach, parent or other adult to help you write a list of what you need to bring with you on game day, such as helmet, gloves and water.

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Color the Group!



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**EYES
ON
SAFETY**

**STAYING
COOL**



**SAFETY ON
THE FIELD**



SPORTS SAFETY PLEDGE



Kick it! Hit it! Run real fast!
Sports are always such a blast!
I have an even better time
when I keep safety top of mind!



So I will pledge to wear all sorts
of safety gear when playing sports!
My helmet, goggles, guards, pads, shield
I'll wear before I take the field!



And I will pledge not to forget
to drink cold water when I sweat!
I'll stretch until the cramps are gone,
and always put some sunscreen on!



I'll pay attention when I play
and never look the other way!
With total safety as my aim,
I'll be right at the top of my game!



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Corporation



Keep the planet
healthy! This book
was printed on
recycled paper!



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