



SAFETY TIPS

TAKE 25: KNOW THE RULES... FOR CHILD SAFETY IN YOUTH SPORTS

TAKE 25 minutes, and talk to your children about...

- Whether they're having fun while playing the sport, and if their individual accomplishments are acknowledged.
- Whether they're alone with the coach or any other adult during team sleepovers or trips. You as a parent or guardian should know the other adults who supervise or have access to your children.
- How they feel about the coach or whether they want to play the sport anymore. Listen carefully to your children, as their answers may be a signal of something more serious than a personality conflict or loss of interest in the sport.
- Expression of feelings and keeping the lines of communication open with you.
- How it is okay to say "no" to an adult who makes them feel scared, uncomfortable, or confused. Also, it's okay to tell you if anything happens to make them feel that way.

These tips are adapted from **Know the Rules...For Child Safety in Youth Sports**.
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