

# TIME for KIDS



This hockey player wears a helmet for protection.

## Play It Safe

Learn how to protect yourself while playing sports.

### Stay in the Game

Sports can be a lot of fun. They are also a great way to get exercise. But it's important to play safe and keep your body healthy. Find out how.



#### Warm up.

Before playing, take time to warm up. Go for a light jog. Learn a few stretches. Stretching will loosen up your body.



#### Drink water.

The body needs water to stay healthy. When you sweat, your body loses water. That's why it's good to keep a water bottle handy when you play. Take a break and drink up!



#### Take care of yourself.

If you get hurt while playing a sport, stop. Playing with an injury can make it worse. Tell a parent or coach if you're hurt.



#### Did You Know?

It's important to listen to your coach. Coaches teach players the rules of a sport. Rules help keep you and other players safe. That makes for a good game.





## A Safer Sport

Football is dangerous. Players get tackled. Their helmets clash. This can cause head injuries. Flag football is safer. There's no tackling. The sport is becoming more popular.

Here's how the game works. Players wear a belt with a flag. The quarterback throws the ball. A teammate catches it and runs for the end zone. The other team tries to snatch the flag.

Flag football takes skill and speed. Some say it's more exciting than tackle football. Plus, there are fewer injuries. *TIME for Kids* talked to a fifth grader in Illinois. His name is Danny Lee. He said, "All my friends are playing flag football. Every year, it gets more fun."

FROM TOP: NATIONAL FLAG FOOTBALL ASSOCIATION; EPHRAIM/GETTY IMAGES; COVER: VERO/IMMEDIATELY IMAGES