

Health Warning Letter

Date: [Insert Date]

To: [Recipient's Name]

From: [Team Name]

Subject: Important Health Warning

Dear [Recipient's Name],

We hope this message finds you well. As part of our commitment to player health and safety, we want to bring to your attention some important health precautions regarding our sport.

Please be advised of the following

- Stay hydrated before, during, and after practices and games.
- Be aware of the signs of heat exhaustion and inform coaches immediately if you feel unwell.
- Ensure proper warm-up and cool-down routines to prevent injuries.
- Consult with our medical team if you have any pre-existing health conditions.

It is vital to prioritize your health and well-being at all times. Please take these warnings seriously and ensure that you are following all safety protocols.

Thank you for your attention to this important matter. Should you have any concerns or require further information, do not hesitate to reach out.

Sincerely,

[Your Name]

[Your Position]

[Contact Information]