

Injury Prevention Measures for Our Sports Team

Date: [Insert Date]

Dear Team Members and Families,

As we approach the start of our season, we want to emphasize the importance of injury prevention measures to ensure the health and safety of all players. Please take note of the following guidelines:

1. Proper Warm-Up and Cool Down

All players are required to participate in a structured warm-up and cool-down session before and after each practice and game.

2. Hydration

Players should stay well-hydrated before, during, and after activities. Water breaks will be scheduled regularly.

3. Equipment Check

Ensure that all equipment is in good condition and appropriate for the sport being played.

4. Rest and Recovery

Encourage players to prioritize rest and recovery, including getting adequate sleep and taking necessary days off when needed.

5. Injury Reporting

Immediately report any injuries or signs of discomfort to the coaching staff for proper assessment and care.

We appreciate your cooperation and commitment to maintaining a safe sports environment. Together, we can make this season a successful and injury-free experience!

Best regards,

[Coach's Name]

[Team Name]