



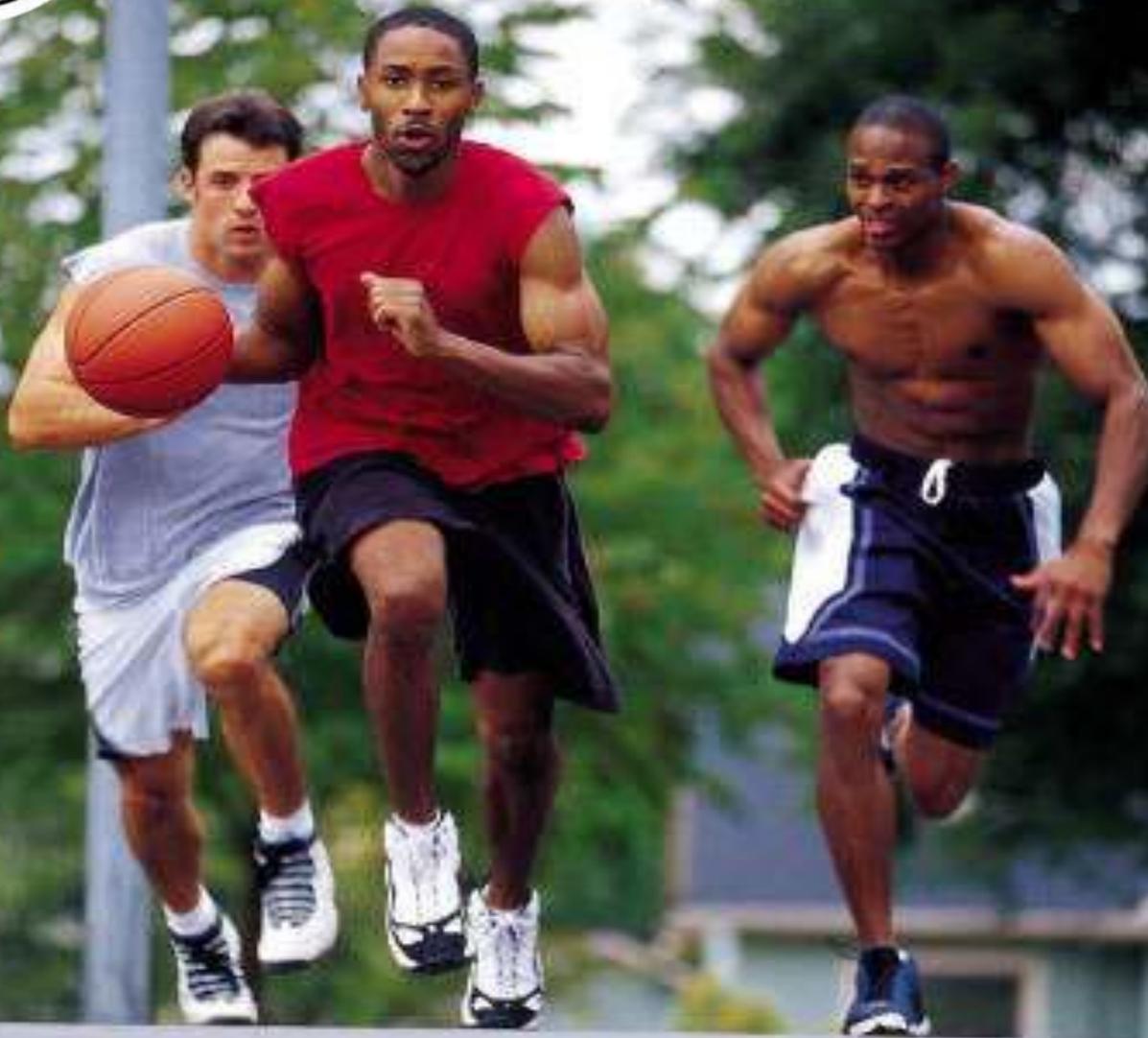
**Manage risk to stay healthy,
maintain fitness, and enjoy life.**

- ◆ **Wear approved eye protection.**
- ◆ **Use the wrist cord to keep control of your racquet.**
- ◆ **Know where your opponent is before swinging.**
- ◆ **Face the front wall and never turn around.**

Manage your risk – Don't leave it to chance!



**Manage risk to stay healthy,
maintain fitness, and enjoy life.**



- ◆ Remove jewelry.
- ◆ Stretch before and after games.
- ◆ Wear properly fitting shoes. Post players and players who have weak or previously injured ankles should wear high tops basketball shoes.
- ◆ Stay hydrated.
- ◆ Maintain control. You're not invincible.

Manage your risk – Don't leave it to chance!



**Manage risk to stay healthy,
maintain fitness, and enjoy life.**

- ◆ **No Head-first Sliding**
- ◆ **No alcohol consumption**
- ◆ **Don't sling the bat**
- ◆ **Stretch before and after**
- ◆ **Stay Hydrated**

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Managing the Risks in High-Risk Activities

- **Respect Your Limitations**
- **Avoid Unnecessary Risks**
- **Use the Appropriate Safety Equipment**
- **Follow the Rules Associated with the Sport/Activity**

Risk management doesn't mean you don't take risks. It is simply a formula that helps you decide which risks are worth taking and which ones are not.