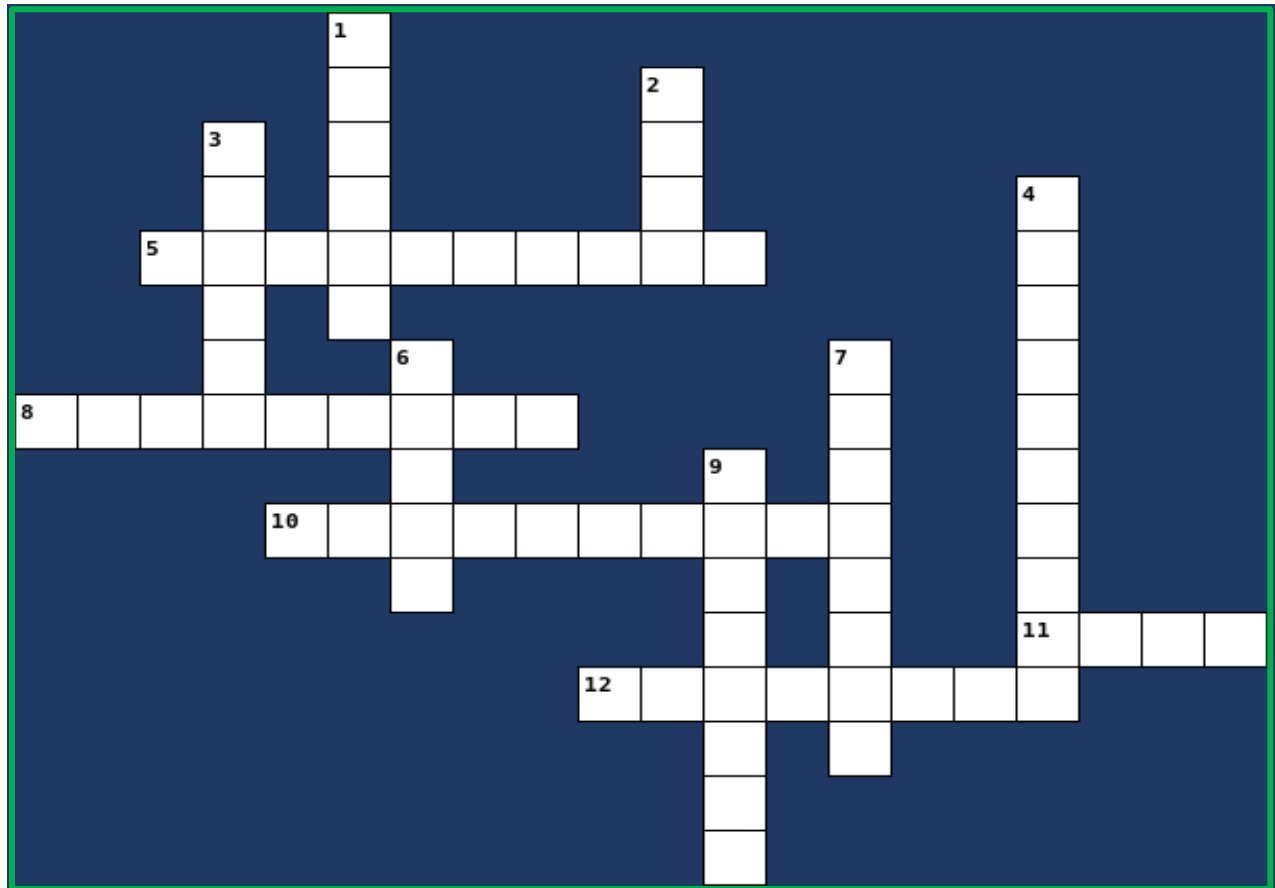


# Harford County Parks and Recreation Weekly Crossword Puzzle Preventing Sports Injuries



## Across

5. Static and dynamic are two forms of this warm-up activity that improves flexibility.
8. Ensure that all equipment, especially protective equipment, is free of damage and in good \_\_\_\_\_.
10. Avoid these high impact occurrences in non-contact sports.
11. To avoid overuse injuries, athletes need appropriate amounts of \_\_\_\_\_ between games, practices, and events.
12. Being properly \_\_\_\_\_ can protect you against cramps, heat exhaustion, and heat stroke.

## Down

1. Wearing this protective equipment helps to prevent serious head injuries, such as a skull fracture.
2. An athlete should never play through \_\_\_\_\_, as it will likely increase the severity of their injury and recovery time.
3. It's important that protective equipment is specifically and properly \_\_\_\_\_ to the athlete who will be using it and is updated frequently as a young athlete grows.
4. Wearing this piece of protective equipment can prevent injuries to your teeth, gums, tongue, lips, and jaw (2 words).
6. Always check the surface of the playing \_\_\_\_\_ for hazards such as rocks or wet spots that can cause injuries.
7. Scheduling this type of appointment with your doctor before an athletic season can be a great preventive step against injuries.
9. After extensive exercise, it is important to perform this light session of exercise to help the body with its recovery process (2 words).

