Basketball

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

◎ Before the season starts, develop a conditioning program. Emphasize both aerobic and muscle fitness.

◎ Start gradually with such exercises as skipping rope and other activities that work on your agility, coordination and balance.

◎ Work to strengthen you ankles, shins and calves.

◎ Warm up and stretch for 5-to-10 minutes before starting to play.

◎ If you have injured part of your body while playing basketball, you are more likely to re-injure that part.

◎ Take off rings, watches and necklaces while playing.

◎ Don’t wear clothes that have pockets.

◎ For maximum eye protection, wear goggles.

◎ Always were basketball shoes.

◎ Players are more likely to get hurt in aggressive, high-contact games. Players are less like to get hurt when they have trained coaches and play in games that have officials who enforce the rules.

◎ Check the court and sidelines for trip hazards such as gym bags and water bottles.

◎ Drink plenty of water while playing.