



# 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 wear basketball shoes.
- ◎ Players are more likely to get hurt in aggressive, high-contact games. Players are less likely 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.

[www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx](http://www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx)



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