

Old Bridge Soccer Club

Child Safety



Participation in sports offers tremendous social, emotional, and physical benefits for children. We know that one of the worst things for kids is being on the sidelines with an injury. As parents and coaches, there are simple things we can do to help reduce preventable injuries – so our kids can continue playing the games they love.

For your child's safety, please read and follow the requirements below:

Stretching

Before all practices and games, stretching can release muscle tension and help prevent sports-related injuries, such as muscle tears or sprains. Make sure there is time set aside before every practice and game for athletes to warm up properly.

Hydration

Bring a water bottle to practices and games. Encourage children to stay well hydrated by drinking plenty of water before, during and after play.

Equipment

Shin guards are mandatory for all players. Shin guards **MUST** be worn under socks.

Cleats are not mandatory but are highly recommended as they provide increased traction and stopping ability.

Eyeglasses

Children required to wear glasses must be equipped with glasses specifically designed for sports in order to prevent injury to themselves and others.

Braces

For their own protection, children who wear braces must wear a mouth guard for all games, practices, and other league activities involving active play.

Jewelry

No jewelry of any kind can be worn. This includes earrings, bracelets, necklaces, and watches. Earrings cannot be taped.

Clothing

During the cooler months, players are allowed to wear sweatshirts under their jerseys. However, if they are wearing a hoodie, the hood must be tucked under their jersey.