

Preventing Youth Sports Injuries

The National Youth Sports Safety Foundation says that in the United States, about 30 million children and teens participate in some form of organized sports, and about 3 million injuries occur each year. The most common injuries are sprains and strains. Some injuries are being fueled by the popular non-traditional Extreme Sports like skateboarding, snowboarding, and mountain biking.



- Start by researching the sport that your child is interested in. (Learn rules/equipment, requirements to play, who will supervise, etc) Make sure the coach is qualified to teach the sport.
- Purchase the appropriate equipment prior to play.
- Organized sports with appropriate coaching make your child safer.
- Report to your physician for a pre-participation physical exam.
- Take the time to condition prior to beginning the season.
- Seek approval to return to play if an injury does occur.
- In hot weather make sure your young athlete drinks plenty of water.
- Make sure that ALL head injuries are evaluated by qualified medical personnel.
- Always wear eye and teeth protection during the activity.
- Be sure to warm up prior to play and remember all sports should be fun for all involved.

For more information go to www.InjuryFree.org