



PREVENTING CHILDHOOD SPORTS INJURIES

Use of appropriate safety equipment is essential.

- Children should always wear sport-specific, properly fitting safety gear when participating in sports activities.

Make sure children are prepared for the demands of playing a sport.

- All children should receive a general health exam before enrolling in a sports program.
- Provide children with proper training and skills-building when they are learning a new sport, so that they are physically and psychologically conditioned for its demands.
- Ensure that children drink an adequate amount of liquids while engaging in athletic activities. Provide frequent rest periods during hot or humid weather.

Adult supervision is necessary.

- Adults should be present at all times to ensure a safe playing environment and the enforcement of safety rules.
- Group children according to skill level, weight and physical maturity, especially for contact sports.

Ask about the safety-related policies of your local sports leagues.

- Coaches and other on-field personnel should be trained in first aid and CPR.