

SPORTS SAFETY

More than 3.5 million children ages 14 and under are treated for sports-related injuries each year.

Children between 5 and 14 years of age account for almost 40% of sports-related injuries for all age groups. Most of the injuries result from falls, being struck by an object, collisions, and overexertion during informal sports activities.

Sports and recreational activities contribute to nearly 21% of all traumatic brain injuries in children in the United States.

Source: National SAFE KIDS Campaign; American Academy of Pediatrics

What You and Your Kids Can Do!

Kids... Here's how you can "Play It Safe!"

- Wear appropriate safety gear and equipment and know how to use it properly.
- Warm up before playing and cool down when finished. Jumping jacks or jogging slowly are great exercises for this.
- Know and play by the rules of the chosen sport.
- Don't play if you feel sick, hurt or too tired.
- Wear sunscreen and a hat to prevent sunburn.
- Drink lots of water- before, during and after you play.
- Tell your coach or a trusted adult if you get hurt while playing.

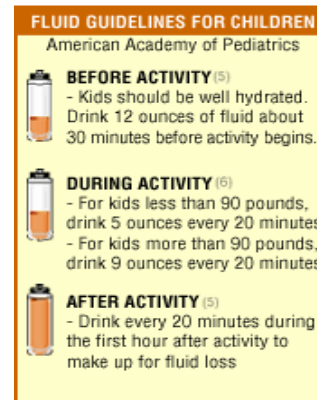
Parents... Here's how you can help:

- Be sure that the playing environment is safe for children.
- The sport should be properly practiced with children of similar size and skill level.
- Make sure children have the appropriate safety gear and are properly conditioned for the activity.
- Always supervise children at play.
- Make sure children stay properly hydrated while playing sports- see Defeat The Heat chart on back for fluid intake recommendations, or visit www.defeattheheat.com for more information.

Take a stand for children. We are!

Types of sports and recreational activities common for injuries:

- Basketball
- Baseball and softball
- Bicycling
- Football
- Ice skating
- Skateboarding/ scooter riding
- In-line skating/roller skating
- Snow skiing/snowboarding
- Water skiing
- Soccer
- Trampolines



Common Sports-Related Injuries:

- Sprains and Strains
- Dislocations
- Fractures
- Head injuries
- Dehydration
- Other head related illness
- Sunburn

More Facts For Parents:

- Sports-related injury severity increases with age.
- Children who are just beginning a sport or activity are at greater risk for injury.
- The highest rates of injury occur in sports that involve contact and collision.
- Children should learn to drink fluids at regular intervals and not to wait until they are thirsty (See above fluid intake chart.)
- Children can lose up to a quart of sweat during a two- hour sports game.



Sources: National SAFE KIDS Campaign; American Academy of Pediatrics; Iuliano, S. et al. Int J Sports Nutr 8:10-23, 1998; Meyer, F. et al. Med Sci Sports Exerc 24:776-781, 1992.

For more information about Sports Safety and other programs offered through St. Joseph's Children's Advocacy Center please call (813) 615-0589. 1401A East Fowler Avenue, Tampa, Florida 33612



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