

PLAY IT SAFE



Important Links

Whether you are a weekend warrior or a serious athlete, sports are an American pastime like no other. Staying safe while playing sports or just getting out into the great outdoors requires thought and planning. Play it Safe is focused on staying safe while having fun out on the field this year.

Nutrition and Hydration

Sports Nutrition Tips (*Stop Sports Injuries*)

- <http://bit.ly/1gpV4JI>

Recognizing and Preventing Dehydration (*KidsHealth*)

- <http://bit.ly/1oMCLmA>

Sports Nutrition (*OrthoInfo*)

- <http://bit.ly/N6NADF>

Sports Injury Prevention

Sports Specific Injury Prevention Resources (*Stop Sports Injuries*)

- <http://bit.ly/1kMruW8>

Sports Injury Prevention (*American Academy of Pediatrics*)

- <http://bit.ly/1nMAw3X>

Preventing Children's Sports Injuries (*KidsHealth*)

- <http://bit.ly/1oMDog0>

Preventing Musculoskeletal Sports Injuries in Youth (*NIH*)

- <http://1.usa.gov/1gl1P3p>

Sports Injuries and Prevention (*OrthoInfo*)

- <http://bit.ly/1g9zA2Y>

Important Sports Injuries Statistics

- High school athletes suffer 2 million injuries, 500,000 doctor visits and 30,000 hospitalizations each year. (*Youth Sports Safety Alliance*)
- Each year, U.S. emergency departments treat an estimated 173,285 sports- and recreation-related traumatic brain injuries, including concussions, among children and adolescents, from birth to 19 years. (*CDC*)

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Important Sports Injuries Statistics

- History of injury is often a risk factor for future injury, making prevention critical. (*YSSA*)
- 2/3 of kids show up for practice at least significantly dehydrated. (*YSSA*)
- Children ages 5 to 14 account for nearly 40 percent of all sports-related injuries treated in hospitals. (*Stop Sports Injuries*)
- Although 62 percent of organized sports-related injuries occur during practice, one-third of parents do not have their children take the same safety precautions at practice that they would during a game. (*Stop Sports Injuries*)
- Among athletes ages 5 to 14, 28 percent of percent of football players, 25 percent of baseball players, 22 percent of soccer players, 15 percent of basketball players, and 12 percent of softball players were injured while playing their respective sports. (*Stop Sports Injuries*)



Sports Injury Prevention (*healthychildren.org*)

- <http://bit.ly/1esn27I>

Common Sports Injuries & Prevention Tips (*U. Washington Medicine*)

- <http://bit.ly/1qwqZ3B>

Sports Injury Prevention (*Injury Free Coalition for Kids*)

- <http://bit.ly/1nMCMIJ>

Sports Injuries Prevention Tips (*Centers for Disease Control*)

- <http://1.usa.gov/1kMsFoo>

National Action Plan for Child Injury Prevention (*CDC*)

- <http://1.usa.gov/1cTvXYP>

Sports Resources for Parents and Coaches (*Safe Kids Worldwide*)

- <http://bit.ly/1kMsQQA>

Sports Safety Tips (*Safe Kids Worldwide*)

- <http://bit.ly/1qwroD4>

Teaching Kids to Play Safe

Teaching Kids Safe Ways to Participate in Sports (*Stop Sports Injuries*)

- <http://bit.ly/PtE13N>

Conditioning Tips

Conditioning Tips and Injury Prevention (*Stop Sports Injuries*)

- <http://bit.ly/1nMDJk1>

