March 2015

Batter Up!

The Spring Sports season is here! Is your young athlete ready?

Playing sports is a great way for kids to have fun while exercising, learning about teamwork and discipline, and making new friends. Unfortunately, sports can also put an athlete at risk for an injury. Injuries can be as mild as scraped elbows and knees to more serious ones like concussions or heat-related illness.

Did you know?

Every day emergency rooms see 3,400 children with sports related injuries. That’s one child every 15 seconds.

90 percent of athletes have been injured playing a sport and more than half have reported playing while injured.

About 42 percent of players report they have hidden an injury or downplayed it during a game so they can keep on playing, and 62 percent of players say they know someone else who has done so.
When to Stop Play and Seek Immediate Medical Attention:

If an athlete -

• Is bleeding and swelling.
• Is unable to bear weight on the affected limb.
• Feels dizzy or physically ill.

Play Smart

• Follow injury prevention protocols that are set at the beginning of each season for both team members and parents.
• Learn ways to prevent injuries: Proper technique, training, and conditioning.
• Prevent overuse injuries. Encourage young athletes to take time off from playing only one sport; allowing them time to get stronger and develop skills learned in another sport.
• Encourage young athletes to speak up when they are injured.

Play Safe

• Obtain a pre-participation physical exam each year.
• Warm up before and cool down after an activity.
• Wear proper fitting equipment.
• Drink water before, during, and after practices and games.
• Rest and take a break.

Got Pain?

• If an athlete experiences sharp pain, they should stop the activity immediately.
• Playing through the pain may make the injury worse.

Some injuries or sports related illnesses require emergency attention.

These include heat-related illnesses or hits to the head, neck or spine.

For more information, contact Safe Kids at 859-323-1153 or visit www.safekidsfayetecounty.com.

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