

Your

SPORTS INJURY

PREVENTION PLAYBOOK



More than
3.5 MILLION CHILDREN
receive medical treatment for
SPORTS INJURIES every year.

MANY OF THESE INJURIES COULD BE PREVENTED

if parents and coaches knew the symptoms of the most frequent injuries and how to avoid them. Make sure to be prepared not only during a game but during practice too, since **most injuries happen during practice.**

Keep this Prevention Playbook in your purse, wallet, or sports bag to remind you how to keep children safe and spot common sports injuries.

REMEMBER

It's better to miss one game than the entire season. You know your child best—if you notice signs of injury or abnormal behavior, **SIT THEM OUT** or seek the advice of a **MEDICAL PROFESSIONAL.**

DEHYDRATION



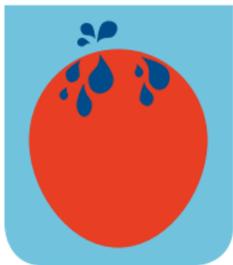
Symptoms

Dizziness; Dry mouth; Extreme fatigue; Headache; Muscle cramping; Thirst

Prevention

Hydrating before, during, and after play is critical. Drink water 30 minutes before the activity begins and take water breaks every 15-20 minutes during play.

HYPERTHERMIA



Symptoms

Cool, moist, pale skin; Cramps; Fatigue; Dizziness; Headache; Heavy sweating; Nausea; Rapid but weak heartbeat

Prevention

Conduct practices or games in the cooler times of the day. Make sure there are frequent water breaks.

WHEN IN DOUBT, KEEP IT COOL!

Make sure the victim gets fluids immediately. Make every effort possible to cool the child—move them out of the sun, raise legs 8-12", cool the body with cold water and remove excess clothing or equipment.

FRACTURES



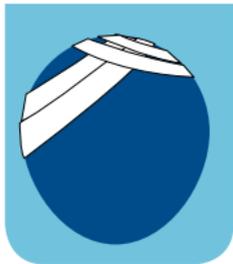
Symptoms

Discomfort or pain when warming up, playing, or resting after activity;
Significant functional impairment with daily activities; Tenderness, swelling
and bruising over affected spot

Prevention

While they can occur acutely, many fractures happen because of overuse. Allow adequate recovery time between physical activities. Alternate between high and low impact activities to make sure certain muscles aren't being overused.

CONCUSSION



Symptoms

Headache; Disorientation; 'Walking in a fog'; Changes in balance and coordination;
Loses consciousness (even briefly); Shows behavior or personality changes;
Can't recall events prior to hit or fall

Prevention

Ensure the coach follows the league's rules for safety. Wear the right protective gear for the sport (helmets, padding, or eye and mouth guards). Protective gear should fit properly, be well-maintained, and be worn consistently and correctly.

WHEN IN DOUBT, SIT THEM OUT!

In Oregon, if a concussion is suspected, coaches are required to keep the athlete out of play until a healthcare professional clears them to return. If an athlete returns too soon and is hit again, **Second Impact Syndrome (SIS)** can occur and lead to serious brain damage and even death—potentially increasing the athlete's chance of mortality by 50%.

SPRAINS & STRAINS



Symptoms

Pain; Swelling; Bruising; Loss of functional ability; Muscle spasm and Muscle weakness

Prevention

Warm up before any sports activity, including practice. Always wear properly fitting shoes for stability. Take rest periods during practice and games to reduce the risk of overuse injuries. Playing multiple sports helps build stronger muscles and muscle memory, reducing the risk of future injury.

CONTUSIONS, BLISTERS, SCRAPES & CUTS



Symptoms

Break in skin; Bleeding; Bubble-like sores on the skin; Skin discoloration; local swelling; Tenderness or indentation on body; Athlete may feel tightness in affected area

Prevention

Remove jewelry before play. Wear proper safety equipment and display appropriate sportsmanship. Wear new shoes several times before play to avoid blisters during a game. Proper nutrition is key in supporting the body's ability to heal.

WHEN IN DOUBT, KEEP IT CLEAN!

MRSA or **Methicillin Resistant Staphylococcus Aureus** has become a dangerous and important issue in the sports world. Players have been hospitalized due to bacteria from their equipment entering their bodies through a cut or abrasion.

OREGON LAWS REGARDING YOUTH SPORTS

- School and interscholastic coaches are required to receive annual training to learn how to recognize the symptoms of concussion and how to seek proper medical treatment. This is also recommended for all youth sports coaches.
- Coaches are not permitted to allow athletes to participate in play while they exhibit symptoms of or have been diagnosed with a concussion.
- Athletes must no longer exhibit symptoms of concussion and are required to have a medical release from a licensed health care provider before returning to play.

For general information on injury prevention in youth sports, visit

CDC.gov/concussion/headsup or SportsSafety.org. For information and education on Oregon's laws regarding safety in youth sports visit CorsonJohnsonLaw.com.

