

Over 1 million kids are seen in emergency rooms for sports related injuries each year—that's one injury every 25 seconds!

90% of athletes said that they have been injured while playing a sport—sometimes seriously.

Those injuries include:

- Concussion / Head Injuries - 12%
- Dehydration - 24%
- Broken / Fractured Bones - 13%
- Sprains / Strains - 37%



Get a pre-participation physical exam before the season.

Wear protective gear during practice and games.

Have gear inspected and fitted to proper size.

Learn the signs and symptoms of a concussion.

Warm-up by jogging or light activity.



Get certified: learn first aid, CPR, and injury prevention skills.



Stretch all major muscle groups (20-30 seconds each) directly after the warm-up.



Drink plenty of water (5 to 9 oz. every 20 minutes) before, during, and after practice or games.



If you start to cramp, feel light-headed, dizzy, or overheated, let your coach know right away.



Take time for breaks during practice or games. Especially when it's hot.



Do not play through injuries or pain. It can make a minor injury worse. When in doubt, sit out!