

NATIONAL YOUTH SPORTS SAFETY FOUNDATION, INC.

SAFETY QUIZ

Sports participation has become a major cause of serious injuries among children and adolescents. It is estimated that approximately three to five million youth are seen annually in hospital emergency rooms for sports injuries, and that another eight million are treated by family physicians for sports injuries. According to the U.S. Consumer Product Safety Commission, in 1997 sports injuries to youth age 0-14 in 29 sports cost the U.S. public \$49,192,781,832. Each statistic has a name, face, story, and a family that has been impacted. Most sports injuries can be prevented.

HOW SAFE ARE SPORTS ACTIVITIES FOR CHILDREN IN YOUR COMMUNITY?

The questions below address several key safety issues. See how many you can answer yes to, then you will have a better idea how to judge your town.

- Are the coaches in your community certified in sports first aid and CPR? This includes coaches involved in school sports as well as volunteer coaches who run youth leagues.
- Are the coaches certified by either the: national governing body of their sport, American Red Cross Sports Safety Training Program, National Youth Sports Coaches Association, American Sport Education Program, or PACE?
- Are background checks done on coaches before they are hired?
- Does the coach have a written emergency plan in case of an accident, and has it been rehearsed?
- Is there a first-aid box and ice **at** the site of all practices and games?
- Does the coach have the youngsters do warm-ups, stretching, and cool down exercises?
- Does the coach hand out a conditioning program before signups, so the children know before they go out for a team what is to be expected of them physically?
- Does your town have a sports injury prevention course for students as part of their health education program?
- Are pre-participation physical exams required for sports activities?
- Are the facilities checked for safety on a regular basis?
- Is safety equipment available or required? If yes: Does it fit properly? Does it meet national standards? Is it in good condition?
- Does the team have a sports parent code of conduct?
- Does the team have a preseason meeting for parents outlining the program philosophy and safety procedures?

For more information on youth sports safety, contact the Foundation office. Email: nyssf@aol.com

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333 Longwood Avenue, Ste. 202 • Boston, Massachusetts 02115 • 617.277.1171 • www.nyssf.org

