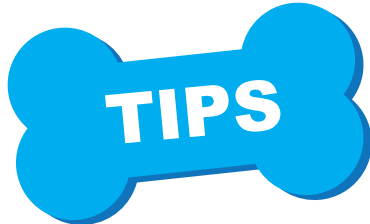




ASK Sports Safety Information

Make sure to include warm-ups and cool downs as part of your child's routine before and after sports participation.

Make sure the coach has regular fluid breaks during practice and games, about every 20 minutes.



Make sure your child is fully equipped with the proper gear for that particular sport and knows how to use it properly.

Listen to your children. They shouldn't be playing if they are extremely tired or in pain.

Get all your children physical examinations with their pediatrician before the season starts.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases

30 to 40 million kids play organized sports each year.

Source: Advances in Pediatric Sport Sciences by D. Gould and M. Weiss

As many as 70% of kids quit sports by the age of 15.

Source: Youth Sports Institute, Michigan State

84% of parents believe that youth athletic programs place too much emphasis on winning.

Source: NFL survey from the National PTA Convention

Nearly half of American youth aged 12-21 are not vigorously active.

Source: TheCenterForKidsFirst.org

About 14% of young people report no physical activity.

Source: TheCenterForKidsFirst.org

