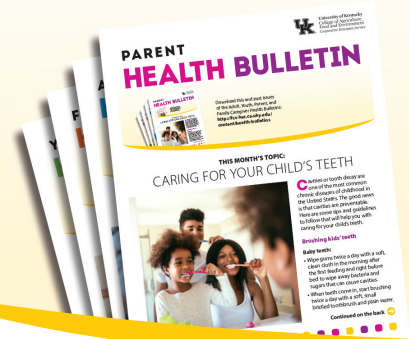


# PARENT HEALTH BULLETIN



**MAY 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC

# PREVENT SPORTS-RELATED INJURIES



**P**laying sports is a great way for kids to be active, move their bodies, burn energy, and have fun! Parents of school-age children may find that they spend a significant amount of time taking kids to and from sports activities, practices, games, and clinics. There are also things parents and caregivers can do to keep their young athletes feeling good and avoiding injuries.

### Be prepared

Before starting a new sport, make sure kids know the general rules of the game and how to stay safe. This will help them have fun and lower the chances of an injury. They should also take water to practices and games to stay hydrated.

**Continued on the next page** ➔





***Before every practice or game, kids should stretch and warm up their bodies. This includes things like toe touches and shoulder rolls, as well as increasing their heart rate slowly, by doing activities like jumping jacks and jogging.***

➔ **Continued from the previous page**

### **Warm-up and cool-down**

Before every practice or game, kids should stretch and warm up their bodies. This includes things like toe touches and shoulder rolls, as well as increasing their heart rate slowly, by doing activities like jumping jacks and jogging. Warming up helps increase blood flow to organs and muscles, and increases flexibility needed to move quickly. Cooling down helps your body adjust back to needing less blood and oxygen. Stopping intense activity too quickly can cause feelings of dizziness or nausea.

### **Technique**

Most sports have proper ways that players should do certain activities to prevent injuries. Examples are specific ways throw a baseball, how to tackle in football, or how to dive in volleyball. Teaching the right way to do activities helps kids to be more successful in their chosen sport and keeps them healthy.

### **Use proper equipment**

Make sure your child has shoes that fit and are appropriate for the sport, like cleats or sneakers. Children who wear glasses

may benefit from prescription goggles or shatterproof glasses. Ask your child's coach about helmets, mouthguards, athletic cups and supporters, and any needed padding.

### **Safe surfaces**

Make sure the surface your child is playing on is safe for activity. Ruts or holes can cause kids to trip and fall. Damaged equipment like goal posts or nets can also pose a hazard. All these things wear over time, so keep an eye out and tell league officials or coaching staff if you notice a problem.

Teaching kids how to stay safe while enjoying sports is an important part of supporting their activities as a parent or caregiver. When they play safely, everyone has more fun!

#### **REFERENCE:**

<https://kidshealth.org/en/parents/sports-safety.html>

---

**ADULT  
HEALTH BULLETIN**

#### **Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock

