

September 2023

SAFETY AND INJURY PREVENTION

Sports Safety



As kids are getting ready to go back to school, it's also time to start thinking sports! Sports are not only a great past time but also help with physical coordination, fitness, and self esteem. Kids are also more likely to get injured while playing sports due to their bodies still developing.

The American Academy in Pediatrics (AAP) recommend all middle school through college kids receive a sports physical. A sports physical helps identify any potential health problems that may interfere with their participation in sports.

Safety tips to avoid injuries:

- Wear correct safety gear and equipment
 - This may include helmets, shin guards, mouth guards, ankle braces, shoes with rubber cleats and sunscreen
- Kids practicing a sport should be watched by an adult who enforces the safety rules.
- Drink plenty of fluids during and after sports
- Warm up and stretch before games and practices
- Take breaks during practices and games to avoid overuse injuries
- Avoid playing when very tired or in pain



Vehicle Safety



Getting in the car and going for a drive or road trip can be fun and exciting, and the convenience of a car is great, but there are risks that come with being in a car. Understanding the vehicle features can help in preventing danger and injuries to children!

According to the [National Highway Traffic Safety Administration](https://www.nhtsa.gov), heatstroke is the leading cause of a non-crash related fatality amongst children. Vehicle heatstroke occurs when a child is left in a hot vehicle, allowing for the child's temperature to rise in a quick and deadly manner.

- Never leave your child in or around your vehicle alone
- Look before you lock your vehicle
- Keep your vehicle locked and keep your keys out of reach; nearly 3 in 10 heatstroke deaths happen when an unattended child gains access to a vehicle

Many children can be seriously injured, even killed in a backover incident. A backover incident is when a vehicle is coming out of a driveway or parking spot and backs over an unattended child due to the driver not seeing the child.

Tips to prevent backover incidents:

- Teach children not to play in or around cars
- Have children in the area stand to the side of the driveway or sidewalk so you can see them as you are backing out of a driveway or parking space
- Teach your children to keep their toys and bikes out of the driveway
- Roll down your windows while backing out of your driveway or parking space so that you'll be able to hear what is happening outside of your vehicle
- Make sure to look behind you while backing up slowly in case a child dashes behind your vehicle unexpectedly



Be sure everyone is using the proper safety restraints! According to the [Washington State Child Passenger Safety Program](https://www.wa.gov), children up to age 2 must be in a rear-facing car seat, children 2-4 years old must be in a car seat with a harness (rear or forward facing), and children 4 and older must ride in a car or booster seat until they are 4'9" tall. Children over 4'9" must be secured by a properly fitted seat belt and children up to age 13 must ride in the back seat when practical to do so.



TEEN DRIVERS

According to the [CDC](https://www.cdc.gov), motor vehicle crashes is higher among teens 16-19 than among any other age group. Teen drivers in this age group have a fatal crash rate almost three times as high as drivers ages 20 and older per mile driven.

Parents and teen drivers can understand the eight danger zones help become safer drivers and reduce the risk of teen crashes and injuries
[Eight Danger Zones](#)

Resources

- Healthy Children: [Sports Physicals](#)
- Safe Kids Worldwide: [Sports Safety Tips](#)
- AAOS: [Safety for Young Athletes](#)
- CDC: [Eight Danger Zones](#)
- WA Child Passenger Safety Program: [Washington State Child Passenger Safety Program](#)
- NHTSA: [National Highway Traffic Safety Administration](#)