

APRIL SAFETY TOPICS

★ SPORTS SAFETY & CONCUSSION ★

Livingstone Range
SCHOOL DIVISION

Playing sports is great for children and adults. It has both physical and psychological benefits. Sports can increase physical coordination, fitness, and self-esteem. They also teach important lessons about teamwork and self-discipline. Sports injuries are likely to occur in children. That's because their bodies are still growing and their coordination is still developing. And they are still learning about the correct form and technique of a certain sport. Children are enthusiastic about physical activities. This can result in them not taking enough rest breaks, which makes them more likely to get injuries. Following sports rule can help prevent injuries, too.

★ SAFETY PRECAUTIONS TO PREVENT SPORTS INJURIES: ★

Wear protective gear

Protective gear is anything you wear that helps keep you from getting hurt.

Helmets are the most common protective gear. They protect your all-important head while you're playing football, hockey, baseball, softball, biking, skateboarding, and inline skating, just to name a few. Make sure you're wearing the right helmet for your sport.

Other sports require eye protection, mouthguards, pads, wrist, elbow and knee guards, and a protective cup (for boys). And don't forget your feet. Cleats are worn in football, baseball, softball, and soccer. These shoes have special rubber or plastic points on the soles to help your feet grip the ground when you run around.

Warm Up

It's not a good idea to just bolt on to the field and start playing. You shouldn't even start stretching until you're a little warmed up. So do some warm-up exercises or take a light jog to get loosened up and ready to play.

Know the rules of the game

When players know the rules of the game, fewer injuries happen. You and the other players know what to expect from each other. With sports that use plays, it helps to understand the plays and what your role is in each one. Being where you're suppose to be can help you stay out of harm's way, too.

Watch out for others

Some rules don't have anything to do with scoring points or penalties. Some rules are just about protecting other people and being nice. One way you can watch out for others is to communicate on the field. Listening to your coach during a game also can help keep you safe. It's also good to just be courteous, like telling someone their shoes untied.

Don't play when you're injured

This is a really important one. If you love sports, it's tempting to get right back in the game, even after an injury. But playing when you're hurt - or before an injury has had a chance to fully heal - is a bad idea. It can lead to an even worse injury, one that might sideline you for a long time. Be honest with parents and coaches if you've been hurt. See a doctor for your injuries, when necessary, and follow their advice about how and when to return to practice and play.

When is my child ready to participate in sports?

I have a question?

Children can start playing team sports when they express strong interest and you feel they can handle it. Also consider their ability to understand the concept of rules and teamwork. Keep in mind that no two children are alike, and some may not be ready physically or psychologically to take part in a team sport until they are older. Base your decision on whether to allow the child to take part in a particular sport based on the following:

- age
- weight
- build
- physical development
- emotional development
- child's interest in the sport

Most sport injuries occur due to the following;

- Lack of education and awareness about safety precautions and possible injury
- Inappropriate equipment or no equipment
- Poorly conditioned players



RESOURCES: JOHN HOPKINS MEDICINE: SPORTS SAFETY
KIDS HEALTH.ORG: 5 WAYS TO AVOID SPORTS INJURIES

CONCUSSION

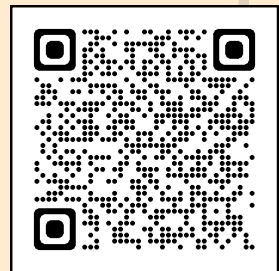
A concussion is a brain injury that can affect how the brain works. Concussions may happen because of a hit to the head, face, neck or somewhere else on the body. When the hit takes place, the brain moves or jiggles inside the skull. If it moves hard enough, the brain can become injured. This can make the brain and body work and feel different, and can affect how a person performs in all areas of life including at school.

DID YOU KNOW?

You do not need to lose consciousness to have a concussion. You can experience different types of signs and symptoms after a concussion:

- physical (e.g. headaches, nausea, dizziness)
- cognitive (e.g. difficulty concentrating or remembering, foginess, slowed thinking)
- emotional/behavioral (e.g. anxiety, sadness, irritability)
- sleep (sleeping more or less than usual, difficulty falling and staying asleep)

These symptoms can impact how a student performs at schools. Most concussions in youth resolve within 1 month, however 30% of youth will take longer to recover



QR Code will take you to a youtube video of Dr. Mike Evans about Concussion Management and Return-to-Learn.

It is harder for infants, toddlers, and preschoolers to communicate how they are feeling. If you have a young child, you might notice any of the following: crying more than usual; unsteady walking; lack of interest in favourite toys; changes in nursing, eating or sleeping patterns; or loss of new skills, such as toilet training.

Get medical help immediately if your child has any "red flag" symptoms such as

- neck pain
- repeated vomiting
- growing confusion
- seizures
- weakness or tingling in their arms or legs

These may be signs of a more serious injury.



Your child should not return to sports until cleared by a doctor.

Returning too soon before full recovery from concussion puts your child at higher risk of sustaining another concussion, with symptoms that may be more severe and last longer.



RESOURCES: PARACHUTE CONCUSSION SERIES: CONCUSSION GUIDE FOR PARENTS AND CAREGIVERS
SCHOOL FIRST CONCUSSION - BUILD YOUR KNOWLEDGE
DR. MIKE EVANS - CONCUSSION MANAGEMENT AND RETURN TO LEARN