

# Protect the Ones You Love From Sports and Recreation-Related Injuries

*This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

Sports and recreation-related injuries affect about seven million people every year and more than half are kids. Many of these sports injuries can be prevented; you can play a key role in protecting the children you love.

Make sure they use protective gear appropriate to their activity, such as helmets, wrist guards, and knee and elbow pads. Even during informal recreation activities children should always wear helmets when recommended, especially during activities like in-line skating and biking.

Make sure that sports protective equipment is in good condition and fits well. Don't use it if it has missing or broken buckles or compressed or worn padding. Poorly-fitting equipment may be uncomfortable and may not offer proper protection.

Kids should learn and practice skill sets relevant to their chosen activity. For example, appropriate tackling techniques can help prevent injuries in football and soccer. Correct movement and alignment also plays a role in preventing injuries during baseball, softball, and many other activities. Being in good condition can also protect kids from injury.

Parents and coaches should make sure that players stay well hydrated and are appropriately dressed for their sport and environment. Child athletes should be allowed time to gradually adjust to hot or humid environments to prevent heat-related injury or illness.

Parents - talk to your kids about the importance of safety. You can be a role model by doing the right thing, such as wearing helmets and following the rules.

When it comes to the children you love, of course you want to protect them from harm. It's within your power to help them live to their full potential, having fun and staying active without experiencing sports-related injuries.

*Protect the Ones You Love: Child Injuries Are Preventable* is a CDC initiative to raise parents' awareness about the leading causes of child injury in the United States and how they can be prevented. For more information, please visit [www.cdc.gov/safekid](http://www.cdc.gov/safekid).

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*