

LIFESTYLE LESSONS



Personal risk management tips provided by: Cluett Commercial Insurance Agency, Inc.

Did You Know?

According to the American Academy of Pediatrics, approximately six million high school children participate in team sports and over 30 million others play sports outside of school. Given the statistics, it's no surprise that sports-related injuries account for 3.5 million doctor, clinic and emergency room visits each year for children under age 15.

SPORTS SAFETY FOR KIDS

Prevention by practicing sports safety is essential in reducing the risk of injury. Make sure your child does the following to avoid injuries:

- Abides by the rules of the sport.
- Has a physical examination by a physician and is cleared to partake in the physical activity.
- Wears the proper apparel and protective gear required.
- Warms up and stretches before and after playing to prevent injury.
- Drinks plenty of fluids before and during the sport.
- Does not partake if they are extremely tired or in pain.

Prompt treatment can often prevent a minor injury from becoming much worse. If your child displays the following warning symptoms, strongly consider a visit to the doctor:

- Inability or decreased ability to participate in the sport.
- Visible deformity such as a shoulder out of joint.
- Severe pain in his or her extremities.

Healthy Hints

Keep your kids safe as they sweat, play and get a good workout. Remind them to stay hydrated, stretch and alert you if they feel any pain.

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