

Sports Safety & Teen Distracted Driving

No matter what sport your student plays, here are some basic tips to help them have a **SAFE** season.

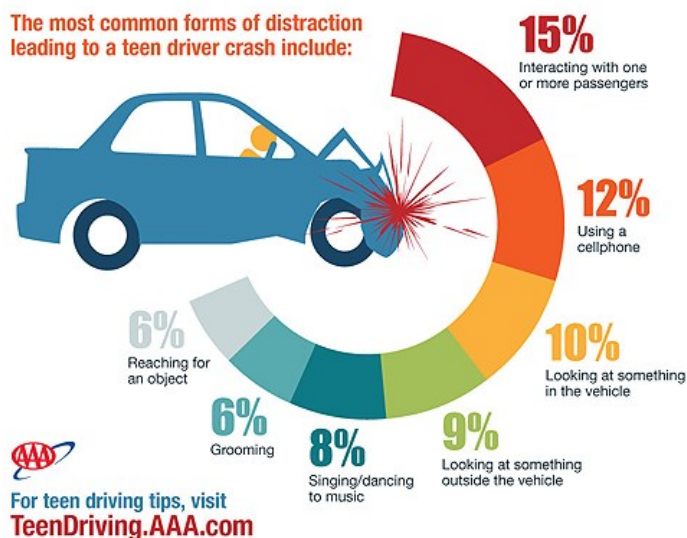
- ◇ Before playing organized sports, make sure your student receives a pre-participation physical exam, or PPE, performed by a doctor, nurse practitioner or qualified clinician under the supervision of a physician.
- ◇ In case of an emergency, provide your athlete's coach with important information (phone numbers, doctor information and allergy information).
- ◇ Meet with the coaches before the first practice to inform them if your athlete has a history with asthma or other medical conditions that require special attention.
- ◇ Learn the signs and symptoms of dehydration and other forms of heat illness. Make sure you athletes bring a water bottle to practice and games and use it often.
- ◇ Learn the signs and symptoms of a concussion at www.safekids.org. This information is important for coaches, parents and athletes.
- ◇ An athlete with a suspected concussion must be removed from play until evaluated and cleared by a medical professional.



Concussions can happen outside of sports. Make sure to always wear a helmet when on bikes, skateboards, scooters, and rollerblades.

6 OUT OF 10 teen crashes involve driver distraction.

The most common forms of distraction leading to a teen driver crash include:



We shared the information above from AAA in an effort to raise awareness about the dangers of teen drivers that are distracted. Please take a look at the causes of distractions and speak with your students about not partaking in these activities while doing the important job of driving. Set rules about riding with other drivers that may be engaging in unsafe distraction behaviors. And reminder your students how their actions can be dangerous for a driver. And, if you have younger students that are riding home with an older sibling, nanny or friend that is driving distracted, assure they know how to respond or share that information with a responsible adult.



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks. For more information on this and other childhood injury prevention topics, visit safekidsgf.com, call us at 701.780.1489 or email safekids@altru.org.

