

SAFE KIDS GRAND FORKS

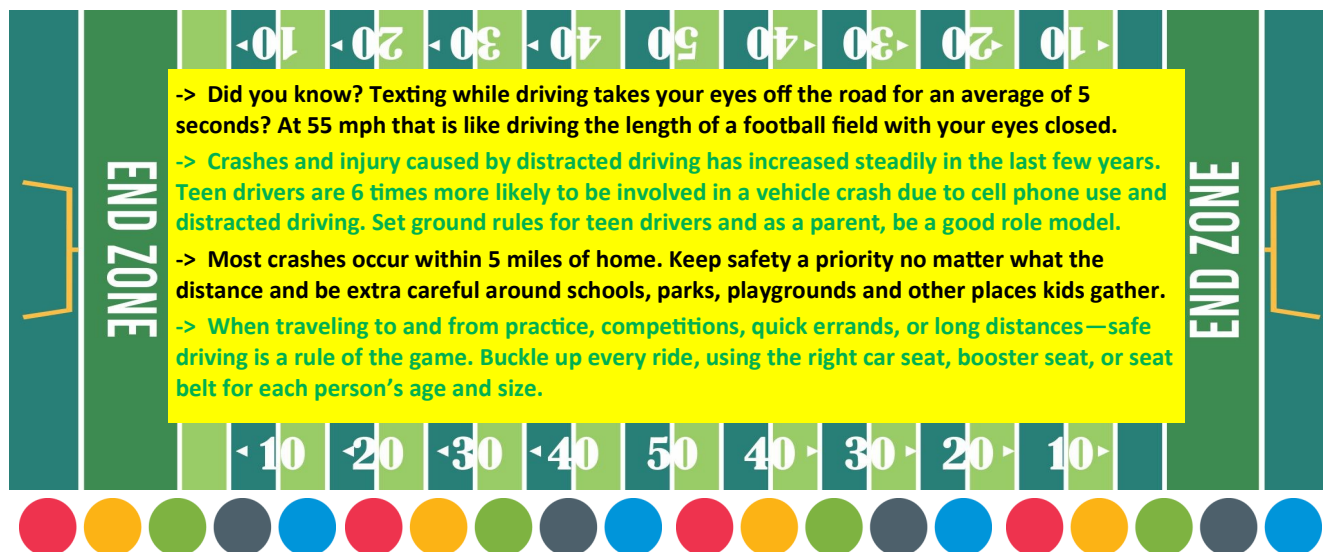
Keeping kids safe at HOME, at
SCHOOL, at PLAY, and ON the WAY!!

**TOWARD
ZERO
DEATHS**



Sports and recreational activities are a vital part of our student's health and wellness. Every year, nearly 3 million young people suffer from sports associated injuries related to contact play, outdoor environmental exposure, and concussion resulting in traumatic brain injuries. Some basic safety rules can help reduce these incidents.

- ⇒ Complete necessary sports physicals to ensure student readiness and address any preseason health issues.
- ⇒ Assure access to basic first-aid training for coaches, parents, and older interested students.
- ⇒ Wear appropriate and well fitting safety gear, all the time, every time, when participating in sports.
- ⇒ Take regular hydration breaks, recognize signs of dehydration, heat exhaustion, and changes in alertness.
- ⇒ Provide student athletes proper training and skill building when learning a new sport.
- ⇒ Match and group athletes according to skill level, weight, and physical maturity.
- ⇒ If a student suffers a concussion or other injury, they need to be evaluated by a trained medical professional who is able to recognize symptoms, test for signs of lasting effects and required clearance for return to play.
- ⇒ Safe school-aged sports requires everyone to be a team player— school, coaches, parents, and students all work together to reduce recreation related injuries. If you suspect a player has suffered a concussion, speak up; your voice may prevent them from having a life-altering incident if they return to play too soon.



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.



This information is brought to you by Safe Kids Grand Forks & our partners at MN Toward Zero Deaths.