

YOUTH SPORTS SAFETY ALLIANCE™ NATIONAL ACTION PLAN

- Ensure youth athletes have access to qualified health care professionals
- Educate parents, athletes, school administrators, and others about the signs and symptoms of sports injuries and conditions
- Assure pre-participation exams and conduct baseline testing when appropriate
- Ensure that sports equipment, uniforms, playing surfaces, and environmental conditions are checked for safety
- Insist that research into youth sports injuries and their effects be supported by tax dollars
- Support a national registry of sport-related catastrophic injuries and fatalities
- Demand that appropriate emergency action plans are in place at every sporting event and facility
- Educate players and others on the difference between pain and injury, and work to eliminate the culture of "play through pain"
- Ensure that both general and sports specific safety education be a priority for every parent, athlete, and school administrator
- Contact Congress if any youth sports safety measures are being neglected



@YSSALLIANCE



@YOUTH SPORTS SAFETY ALLIANCE