

CALL TO ACTION!

- ✓ **Ensure that youth athletes have access to health care professionals who are qualified to make assessments and decisions.**
- ✓ **Educate your family about the symptoms of musculoskeletal and neurological injuries (concussion, heat illness, ACL injuries).**
- ✓ **Ensure pre-participation exams before play begins.**
- ✓ **Ensure sports equipment and playing surfaces are checked for safety and best conditions.**
- ✓ **Write to your state legislator, expressing your concerns.**
- ✓ **Support further research into youth sports injuries and their effects.**
- ✓ **There's a difference between pain and injury – work to eliminate the culture of “playing through pain” without assessment.**



For more information or to join the Alliance, visit www.youthsportssafetyalliance.org.