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.