

PARENT CHECKLIST FOR YOUTH SPORTS SAFETY

Parents of youth athletes play a critical role in ensuring the health and safety of their child. The risk of injury is inherent in sports, so parents must be proactive and well informed to help keep their athlete safe.

Below is a checklist to help reduce sports related injuries and illnesses and keep your child active and in the game.

1

DETERMINE WHO WILL PROVIDE MEDICAL CARE DURING A PRACTICE OR GAME.



2

DETERMINE THE COACH'S TRAINING AND EXPERIENCE.

3

ENSURE THE TEAM IS PREPARED FOR AN EMERGENCY.



CONFIRM THAT THERE IS APPROPRIATE SAFETY EQUIPMENT.

4

5

MAKE SURE YOUR CHILD IS READY FOR PHYSICAL ACTIVITY.

6

MAKE IT FUN.



7

KNOW THE SIGNS AND SYMPTOMS.



To learn more about the checklist items and a parent's role in sports safety, visit atyourownrisk.org/the-role-of-parents.