Injury Free Coalition for Kids®

Preventing Youth Sports Injuries

Start by researching the sport that your child is interested in participating.

(Learn rules/equipment, requirements to play, who will supervise, etc)

Purchase the appropriate equipment prior to play.

Organized sports with appropriate coaching make your child safer.

Report to your physician for a pre-participation physical exam.

Take the time to condition prior to beginning the season.

Seek approval to return to play if an injury does occur.

Remember sports should be fun for all involved.