

## Sports Safety

No matter what sport your child plays, here are some basic tips to help them have a fun and **SAFE** season.

Before playing organized sports, make sure your child receives a pre-participation physical exam, or PPE, performed by a doctor, nurse practitioner or qualified clinician under the supervision of a physician.

In case of an emergency, provide your athlete's coaches with important information (phone numbers, doctor information and allergy information).

Meet with the coaches before the first practice to inform them of history with asthma or other medical conditions that require special attention.

Learn the signs and symptoms of dehydration and other forms of heat illness.

Learn the signs and symptoms of a concussion at [www.safekids.org](http://www.safekids.org). This information is important for coaches, parents and athletes.

An athlete with a suspected concussion must be removed from play until evaluated and cleared by a medical professional.



Concussions can happen outside of sports. Make sure to always wear a helmet when on bikes, skateboards, scooters, and rollerblades.



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.

For more information on this and other childhood injury prevention topics, visit [safekidsgf.com](http://safekidsgf.com), call us at 701.780.1489 or email [safekids@altru.org](mailto:safekids@altru.org).



This information is brought to you by Safe Kids Grand Forks & our partners at ND Vision Zero.