

Sport-specific safety information¹

	COMMON INJURIES/ LOCATIONS	SAFEST WHEN PLAYED WITH	INJURY PREVENTION
Basketball	Sprains, strains, bruises, fractures, scrapes, dislocations, cuts, injuries to teeth, ankles, and knees	Eye protection, elbow and knee pads, mouth guard, athletic supporters for males, proper shoes, water, sunscreen when outdoors	Strength training (particularly knees and shoulders), aerobics, warm-up exercises, proper coaching, use of safety equipment
Track and field	Strains, sprains, scrapes from falls	Proper shoes, athletic supporters for males, sunscreen, water	Proper conditioning and coaching
Football	Bruises, sprains, strains, pulled muscles, tears to soft tissues such as ligaments, broken bones, internal injuries, concussions, back injuries, sunburn	Helmet, mouth guard, shoulder pads, athletic supporters for males, chest/rib pads, forearm pads, elbow pads, thigh pads, shin guards, proper shoes, sunscreen, water	Proper use of safety equipment, warm-up exercises, proper coaching techniques and conditioning
Baseball and softball	Soft tissue strains, impact injuries, sunburn	Batting helmet, shin guards, elbow guards, athletic supporters for males, mouth guard, sunscreen, cleats, hat	Proper conditioning and warm-ups
Soccer	Bruises, cuts and scrapes, headaches, sunburn	Shin guards, athletic supporters for males, cleats, sunscreen, water	Aerobic conditioning and warm-ups, and proper training
Gymnastics	Sprains and strains of soft tissues	Athletic supporters for males, safety harness, joint supports, water	Proper conditioning and warm-ups

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1. National Institute of Arthritis and Musculoskeletal and Skin Diseases: Childhood sports injuries and their prevention: A guide for parents with ideas for kids. Available at: www.niams.nih.gov/Health_Info/Sports_Injuries/child_sports_injuries.pdf. Accessed August 20, 2008