

Top 10 Most Preventable Injuries in Youth Sports

1. **Heat exhaustion** and heat stroke.
2. **Lightning**-related injury or death.
3. Fatalities and injuries from falling **soccer goals**.
4. Injuries caused by failure to wear proper **safety equipment**, such as helmets, pads or mouthguards.
5. **Returning to play** after an injury before being cleared by a doctor.
6. **Team travel** accidents, especially those caused by 15-passenger vans.
7. Severe cuts or burns to kids working **concession stands**.
8. Injuries resulting from improper or **inadequate training** for sliding, tackling or checking.
9. **Overuse injuries** from year-round sports, from early specialization and from playing on multiple teams during a season.
10. Playing beyond the athlete's or team's **developmental ability** – such as playing “up” with older, bigger players, or allowing contact at too young an age.

For more information, go to Bollinger's web site at www.BollingerInsurance.com or read our blog on sports safety at www.SportsSafetyIQ.com.



We work hard so you can play.