



Youth sports safety

Every year, millions of children are injured while playing sports and doing physical activities. Most of these injuries could be prevented.



Wearing a safety helmet helps prevent a closed head injury when biking, inline skating, etc.

Some states and localities have mandatory laws for helmet usage.

All helmets sold in the U.S. must meet the Consumer Product Safety Commission standard. There must be a sticker on the inside stating this. The fit of the helmet is not tested by the standards, so you should try the helmet on your child's head before buying.

Learn more about safety helmets from the Bicycle Helmet Safety Institute at helmets.org.

Get youth sports safety guidelines from the National Youth Sports Health & Safety Institute at acsm.org/nyshsi/best-practices.