

Dear Coach,

Did you know between football, basketball, and soccer in the years 2001-2009 there were 49,799 annual visits to the emergency for "Traumatic brain injuries" ages nineteen or younger (Center for Disease Control). Youth sports have hard hits that can end with a concussion. Concussions are temporary sometimes, but are always serious. Adults in charge of youth sports should be aware of all safety precautions that need to be taken.

Football has the most annual visits to the E.R. for traumatic brain injury as of 2001-2009 (CDC). The heart and tackles are two blame, so Pop Warner Reduced the amount of practice time that can have contact to one third of practice, however instead of telling kids what they can't do we should teach them how to do it correctly. "USA football, for instance has started a Safe Tackling program teaches coaches and players the proper way to tackle" (Belson 12).

Before, kids actually have a concussion adults in charge should have "Primary prevention strategies," Learning how to tackle correctly can be one. One way to put primary prevention strategies to use is to use protective equipment, like a bicycle helmet, and to play to the rules of the sport and use good sportsmanship. The type of protective gear used in a sport is usually stated in the rules, however you don't have to wear a helmet to ride a bike, but it's the right thing to do to prevent concussions. Abiding to the rules can always keep you safe. It is also important to coach specific skills size safe procedures with proper technique. Also, pay attention to strength and conditioning. Kids are less likely to get hurt that they know the proper way to play the sport (CDC 3).

If after the primary prevention strategies are implemented, and a child gets a concussion one will want to have "secondary prevention strategies" in place. The child should be immediately taken out of the game. The more they play the worst the concussion can get. The child should not return to play the same day, and they should go straight to the emergency room. The child should only be allowed to return after they have medical clearance. Once the child has been cleared to play again they should be careful, concussions can be way more serious the second time (CDC 4).

Adults in charge should know call plans and rules in place to keep children safe. There are different ways to do this like teaching kids how to correctly play the sport, implementing a primary prevention strategy, and putting secondary prevention strategies into effect. The number youth concussions every year is very high! It's time to take action and change this!

From,  
Concerned Student

## Works Cited-

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