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Protect Your Athletes, Protect Yourself

Spring athletic programs are kicking off and whether it's soccer, softball, rugby, lacrosse, golf, field hockey or any other game, the fun is just getting started. At Catholic Mutual, we have always been passionate supporters of sports and the way they keep kids healthy and active, build character and encourage teamwork.

However, there is a downside. Every year, more than 3.5 million kids under age 14 receive medical treatment for sports injuries. High school athletes account for an estimated 2 million injuries, 500,000 doctor visits and 30,000 hospitalizations each year. Head trauma is a particular concern, with about 21 percent of all traumatic brain injuries linked back to sports and recreational activities.



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According to the Center for Disease Control (CDC), more than half of all sports injuries in children are preventable. Safety measures such as properly training coaches, using the safest helmets available and teaching players how to wear them correctly, and limiting the amount of hitting in practice can go a long way toward reducing risk. [Here](#) are some other measures that can be taken to ensure a safe event for everyone involved.

It is also important to familiarize yourself with the [signs of concussion and what to do if you suspect that one has occurred](#), and remember to require parents or guardians to sign a [consent form and liability waiver](#) before their student participates in any school-sponsored event.



Making sure that athletes have the right equipment is key to sports safety. As you review spring gear and conditions, here are some questions to ask:

- Is the best protective equipment provided for contact sports?
- Is careful attention given to proper fitting and adjustment of equipment?
- Is equipment properly maintained and worn or outdated items discarded?
- Are proper areas of play provided and carefully maintained?

Storm Preparation

March is Severe Weather Awareness Month and a good time to go over safety procedures and make necessary preparations to limit loss due to [storms](#), [flooding](#), [lightning](#), [earthquakes](#) and other potential risks. Please contact your risk management representative with any questions you have and be sure to report any damage as soon as it occurs.

