



# LIBERTY INSURANCE ASSOCIATES

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## 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.