



General Injury Prevention

1) This link is to Kids Health's webpage and a page titled, '**Five Ways to Prevent Sports Injuries**'. The page discusses the importance of safety equipment, warm-up, knowledge of rules, being aware of others, and not playing when injured.

<https://kidshealth.org/en/kids/sport-safety.html>

2) This link is to Safe Sports Worldwide's webpage and a page titled, '**Sports Safety Tips**'. The page presents several recommendations to parents for reducing preventable injuries in youth athletes.

<https://www.safekids.org/tip/sports-safety-tips>

3) This is a link to the Andrews Institute website and a page titled, '**5 Tips for Baseball Injury Prevention**'. The page discusses the importance of physical exams, warm-up & stretching, equipment, using the correct technique, and creating a safe physical environment.

<http://www.andrewsinstitute.com/news/injuryprevention/articles.aspx?id=40113861>

4) This is a link to an Andrews Institute website and an article titled, '**Assessing Sprains, Strains, and Fractures**'. The page presents information for non-medical personal to use when making an initial injury assessment.

<http://www.andrewsinstitute.com/injuryprevention/safety/default.aspx?ContentID=100132>

5) This is a link to a video produced by USA Baseball and presented by Dr. Marc Richard titled, '**Blisters**'. Dr Richard is a surgeon at Duke University. He suggests that blisters are becoming a more common baseball injury and presents information about how blisters occur and how they can be prevented.

<https://www.usabdevelops.com/USAB/Blog/Blisters.aspx>

6) This is a link to a USA Baseball website and an article titled, '**The Use of Ice and Heat**'. The article presents safety tips for using heat and ice to treat discomfort and injury.

https://www.usabdevelops.com/USAB/Blog/Ice_Heat.aspx