

# RECOMMENDATIONS FOR THE PREVENTION OF INJURIES

1. **EVERY ATHLETE MUST HAVE A PRE-PARTICIPATION MEDICAL EXAMINATION.**
2. Anyone involved in training athletes should **EMPHASIZE PROPER, GRADUAL, AND COMPLETE PHYSICAL CONDITIONING.**
3. **Strive to have an athletic trainer** who is a regular member of the faculty and is adequately prepared and qualified.
4. Have a **WRITTEN EMERGENCY PLAN** to deal with the possibility of catastrophic injuries.
5. Schools should **EMPLOY ONLY WELL TRAINED ATHLETIC PERSONNEL, PROVIDE THE BEST FACILITIES AND SAFEST EQUIPMENT POSSIBLE.**
6. Coaches and officials **MUST STRICTLY ENFORCE GAME RULES AND ADMINISTRATIVE REGULATIONS** related to safety.
7. Coaches **MUST TEACH PROPER FUNDAMENTAL SKILLS OF THE SPORT.**
8. **ANY PLAYER WHO HAS EXPERIENCED, OR SHOWN SIGNS, OF HEAD TRAUMA** (*loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss*) **SHOULD RECEIVE IMMEDIATE MEDICAL ATTENTION AND SHOULD NOT BE ALLOWED TO RETURN TO PRACTICE OR COMPETITION WITHOUT PERMISSION FROM THE PROPER MEDICAL AUTHORITIES.**
9. **ATHLETES AND THEIR PARENTS SHOULD BE WARNED OF THE RISKS OF INJURY.**

**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION, 2009**

*Adapted from: "Annual Catastrophic Sports Injury Report, 1982 - 2009" National Center for Catastrophic Sports Injury Research, Frederick Mueller, Ph.D. & Robert Cantu, Ph.D.*