

# RESOLUTION

93(24)

March 20, 2024

WHEREAS, April is **National Youth Sports Safety Month**, a month dedicated to helping raise awareness of sports injuries in kids while also helping parents, coaches and student athletes learn how to avoid injuries; and

WHEREAS, every 25 seconds, a young athlete suffers a sports injury severe enough to be treated in an emergency department with many of those injuries can be very serious, interfering not just with the child's ability to play sports, but also with their future development and well-being; and

WHEREAS, sprains, strains, overuse injuries and fractures are the most common youth sports injuries and children going through growth spurts or exercising without adequate rest periods are most vulnerable; and

WHEREAS, basketball, track, baseball, gymnastics, and swimming are the most common sports in which overuse injuries are seen. In addition to traumatic brain injuries, 8% of spinal cord injuries are sports injuries; and

WHEREAS, children are especially vulnerable to extremes of temperature and there have been deaths of high school football players due to heat stroke; and

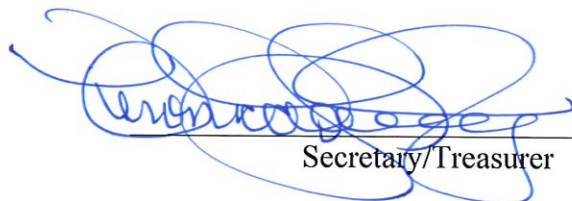
WHEREAS, youth sports participation is a critically important part of our communities. It promotes health and leadership benefits, helps prevent chronic disease and provides protective factors for reducing risky behavior. Youth sports injuries are the enemy of participation; and

WHEREAS, research by the CDC shows more than half of all sports injuries in youth are preventable by using current best practices and guidelines and having a qualified health care professional on staff.

NOW, THEREFORE, BE IT RESOLVED by the OCEAN COUNTY BOARD OF HEALTH, County of Ocean, State of New Jersey, hereby proclaims the month of April 2024 as NATIONAL YOUTH SPORTS SAFETY MONTH in Ocean County and encourages and supports all efforts of our schools in providing safety equipment to our youth and sports safety knowledge to all children involved in sports in addition to their parents.

BE IT FURTHER RESOLVED that a copy of the resolution shall be forwarded to the Ocean County Board of Commissioners.

Name	Bacchione	Gupta	Hill	Kubiel	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓	✓		✓	✓	✓	✓	✓
Abstain									
Nays									
Absent				✓					



Secretary/Treasurer