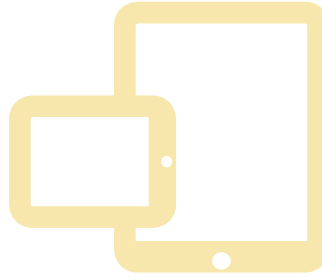


CIRMA E-Learning Center

Youth Sports Injuries Online Training Program



Our E-Learning Programs are **FREE** to all CIRMA members.

Course Description

When children participate in youth sports, there is a risk that they could become injured. As with any risk situation, however, there are elements that can be managed while some simply occur because of a variety of circumstances. In this course, learners will gain understanding about those risks that can be managed and what their responsibilities are, as well as basic knowledge of some of the more common sports related injuries.

Time: Approximately 30 minutes [Preview the Youth Sports Injuries online training program here.](#)

Learning Objectives:

- Identify the manageable injury risks in youth sports
- Recognize the importance of proper hydration in preventing heat related illnesses
- Identify the components of the R.I.C.E acronym

Key Topics Include:

- Up-to-Date Health Information
- If the Shoe Fits
- Stretching
- Heat Related Injuries
- How to Avoid Heat Stress
- Thunder and Lightning
- Types of Injuries- Strains and Sprains, Sharp Points, Corners, and Edges
- Growth Plate Injuries
- Overuse Injuries
- Remember R.I.C.E
- Concussions

To access CIRMA's E-Learning Center or to see a complete schedule of CIRMA's instructor-led Training & Education programs, please visit —

www.CIRMATraining.org

To register for this course, please contact your organization's E-Learning Administrator.

