

Safety Gear for Sports and Play

Most childhood injuries can be prevented. Give your child the right safety gear, teach them how to use it and make sure they wear it every time. Check with your child's coach to see which gear is needed. Also check local laws — wearing a bike helmet is a law in some areas.

Here is the gear that your child should use for sports and play:

Bicycles or scooters

- A helmet that meets U.S. Consumer Product Safety Commission (CPSC) or Snell standards. Add knee and elbow pads when on a scooter.

Skis or snowboards

- Goggles and a helmet made for snow sports. Look for a helmet that meets ASTM, Snell or CEN standards. Add wrist guards for snowboarding.

Skateboards

- A multi-impact helmet that meets the ASTM F1492 standard. Also use wrist guards and knee and elbow pads.

In-line skates

- A helmet that meets U.S. Consumer Product Safety Commission (CPSC) or Snell standards. Also use wrist guards and knee and elbow pads.

Football

- A helmet; mouth guard; cup (for boys); sturdy shoes with cleats; thigh guards and shoulder, hip, tail and knee pads.



Soccer

- Shin guards, cleats and a mouth guard.

Baseball and softball

- A batting helmet with facemask, cleats, mouth guard, elbow guards and cup (for boys). Catchers should also wear a helmet, face mask, throat guard, long-model chest protector and shin guards.

Lacrosse

- Girls need a mouth guard and ASTM-approved eye wear. Boys need a helmet, mouth guard, arm guards, padded gloves, cup and shoulder and rib pads. All goalies need a helmet with face protection, throat guard, chest protector and shin guards. Helmets must meet the NOCSAE standard.

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Basketball

- Basketball shoes with support and padding, mouth guard and eye protection.

Volleyball

- Knee pads, a mouth guard and lightweight shoes with strong ankle and arch support.

Wrestling

- Headgear, knee pads and a mouth guard.

Water sports

- A U.S. Coast Guard-approved life jacket.

Horseback riding

- A riding helmet that meets ASTM/SEI standards.

To Learn More

- www.seattlechildrens.org
- **Seattle Children's Resource Line**
206-987-2500 or 866-987-2500
toll-free Washington, Alaska, Montana, Idaho
- **Your child's healthcare provider**

Seattle Children's will make this information available in alternate formats upon request. Call Marketing Communications at 206-987-5205 or 206-987-2280 (TTY).

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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