

Our Mission & Our Membership

The Brain Injury Association of New Jersey, Inc. provides education, outreach, prevention, advocacy and support services to people affected by brain injury and to the general public. It is a chapter of the Brain Injury Association of America.

BIANJ members include people with brain injuries, their families and friends, corporations and non-profit organizations, physicians, therapists, attorneys and rehabilitation service providers.

The association is funded by state grants and private contributions. To find out how you can become a member or donate to support our services, contact us at 732-738-1002.

BRAIN INJURY ASSOCIATION OF NEW JERSEY



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Using Your Head: A Guide to Sports Safety

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Protective gear and proper technique are the keys to avoiding brain injuries. It is as simple as that. **In many sports a helmet is a necessity, not an accessory.**

The helmet protects the brain from concussion, which is a trauma to the head from an impact or a sudden momentum or movement change and the most common form of brain injury in sports, according to a national study. Helmets must be sized correctly and be worn properly by all participants in the sport or activity.

Concussions, like other brain injuries, can occur at any age to anyone. But they do not mend like a broken bone, torn muscle or skin. Someone who sustains a concussion can be susceptible to another, which can lead to life-long disability.

Preparing and protecting a child to prevent a brain injury may be the most important thing a parent or coach can do.

Following these simple guidelines can help ensure the safety of our children throughout the seasons. For more information, contact the Brain Injury Association of New Jersey at **1-800-669-4323** (in New Jersey) or 732-738-1002.

Spring BICYCLING

A bicyclist who wears a helmet is less likely to be seriously injured or become disabled if hit by a car, but a helmet only works if worn properly and for every ride. Place the helmet directly over the forehead. Tighten the chin strap to keep the helmet from slipping forward or backward. A proper fit allows only two fingers between the chin and the strap.

Summer BASEBALL

Almost half of baseball-related injuries involve a child's head, face, mouth or eyes, according to the American Association of Neurological Surgeons. Children should be taught to always wear a helmet while batting and slide feet first - not head first - into bases.

SKATING & SKATEBOARDING

All skaters should wear a helmet, as well as protective guards for their wrists, elbows and knees. While skating, it is important to pass pedestrians, cyclists and other skaters on the left, and avoid uneven or broken pavement, water, oil or debris.



Fall FOOTBALL

Children should always wear the proper protective equipment to prevent injuries. A national study found injuries associated with the brain occurred in about one out of four football games. Football players with brain injuries are six times more likely to sustain another brain injury, according to one study.

SOCCER

Heading or hitting the ball with the head is the riskiest activity because it can cause a concussion. Young players should be encouraged to use the body, legs and feet—not the head—to hit the ball. The American Youth Soccer Organization recommends that children under 10 years of age not head the ball.

Winter

SKATING & HOCKEY

Skaters should wear skates that fit properly for ankle support and always keep skates sharpened for control. Hockey players must always wear a safety helmet and other protective gear. Serious injury can occur from a puck or stick when appropriate protective gear is not worn.

SKIING & SNOWBOARDING

About a dozen skiing and snowboarding-related deaths could be prevented annually with helmets, according to the Centers for Disease Control and Prevention. Some injuries, including choking, can be avoided by tucking in scarves, hood strings, loose fabric and long hair to avoid catching them on ski lifts. Icy slopes and conditions which affect speed and control should be avoided.