

Belmont Public School Sports Common Injuries

The following is a list of school sports and the common injuries associated with each sport. **Please note that this list of potential injuries is not exhaustive and other injuries not listed here may occur.**

1. **Baseball / Softball** Potential injuries – Strains, sprains, contusions, fractures, punctures, dislocations, more serious injuries, to death.
2. **Basketball** Potential injuries – Strains, sprains, contusions, abrasions, concussions, blisters, cramping, more serious injuries, to death.
3. **Cheerleading** Potential injuries – Strains, sprains, concussions, fractures, back injuries, more serious injuries, to death.
4. **Golf** Potential injuries – Strains, sprains, eye damage, back injuries, more serious injuries, to death.
5. **Football / Lacrosse** Potential injuries – Strains, sprains, contusions, abrasions, fractures, concussions, dehydration, more serious injuries, to death.
6. **Ice Hockey** Potential injuries – Strains, sprains, contusions, abrasions, fractures, concussions, cuts, eye damage, more serious injuries, to death.
7. **Skiing** Potential injuries – Strains, sprains, concussions, fractures, frostbite, eye damage, more serious injuries, to death.
8. **Soccer / Field Hockey** Potential injuries – Strains, sprains, concussions, fractures, eye damage, more serious injuries, to death.
9. **Swimming** Potential injuries – Contusions, abrasions, strains, hypothermia, cramping, more serious injuries, to death.
10. **Tennis** Potential injuries – Contusions, abrasions, strains, sprains, dehydration, eye injuries, elbow inflammation, heat exhaustion, more serious injuries, to death.
11. **Track / Cross Country** Potential injuries – Strains, sprains, shin splints, contusions, fractures, back, knee and ankle problems, more serious injuries, to death.
12. **Volleyball** Potential injuries – Strains, sprains, contusions, abrasions, fractures, more serious injuries, to death.
13. **Wrestling** Potential injuries – Strains, sprains, contusions, fractures, dislocations, more serious injuries, to death.