

## Be a Safe Sport!

The clock shows five seconds left in the game. Your team is losing by just one goal. You want to take the ball and score a goal. But you are cheering from the sidelines because you injured your leg. According to doctors, however, many sports injuries can be prevented.

## Be a Safe Sport!

Each year, about 20 million kids play sports during and after school. Unfortunately, about 5 million of those kids suffer some kind of injury while playing. To help children play sports safely, the National Youth Sports Safety Foundation (NYSSF) has named April National Youth Sports Safety Month.

During April, the foundation plans to teach kids about sports safety. The foundation's message is that most sports injuries can be prevented.

## How to Be a Safe Sport

According to the NYSSF, you can do a few things to keep from getting a sports injury:

- Do warm-up stretches before and after playing any sport. Stretching helps loosen tight muscles and tissues.
- Do not play when you are in pain. Pain is a sure sign of an injury!
- Use proper sports safety equipment, such as helmets, elbow pads, kneepads, safety glasses, wrist guards, shin guards, and mouth guards.

The NYSSF says that playing sports and exercising help kids stay healthy and make friends. But no matter which sport you play, always remember to have fun!

e · quip · ment

## Definition

**noun**

1. anything made for a particular use. Jobs and sports often require special equipment.

*We bought a lot of new equipment for our hiking trip, including a tent.*

### Advanced Definition

**noun**

1. anything designed or provided for a particular use.

*You need to have special equipment for mountain climbing.*

*He keeps his golf clubs and other sports equipment in this closet.*

2. the act of equipping.
3. the state of being equipped.

## Spanish cognate

*equipo*: The Spanish word *equipo* means equipment.

**These are some examples of how the word or forms of the word are used:**

1. Fighting fires is not easy. The suits and **equipment** a firefighter wears weigh about 40 pounds.
2. Use proper sports safety **equipment**, such as helmets, elbow pads, kneepads, safety glasses, wrist guards, shin guards, and mouth guards.
3. Scientists use special **equipment** to track changes within the volcano. "We're looking for clues of another large, explosive eruption," says Luhr.
4. The right **equipment** can help you have good posture. For example, you need a desk and chair in the right size.
5. A scrub nurse or tech prepares the surgery area, surgical supplies, and **equipment**. During surgery, the scrub nurse assists the surgeon by passing instruments, suctioning fluids, and so forth.
6. You don't need a lot of fancy **equipment**. With a simple magnifying glass on a snowy day, you can really see quite a bit if you just stop and look.
7. New playgrounds were built with low steps or ramps. Those changes have made it easier for

some children. The new **equipment** also has handrails for kids to grab and pull themselves up.

8. Scientists used modern medical **equipment** to study the queens' bodies. They learned about some of the medical problems the ancient queens suffered from. The bodies showed evidence of dental cavities, sinus infections, and poor nutrition.
9. She was still inside, scrambling to gather up the rest of her **equipment**. The small music venue would have a drum set all ready for her, but she wanted to have her lucky drum sticks with her-the one thing she couldn't find in her messy room.
10. Artists can control the intensity of watercolors by adding more or less water to the paint. The more water you put on your brush, the lighter the color will be. For darker colors, you should use only a little bit of water. Watercolor **equipment** is light and easy to use outdoors.

# injury                      in        ·        ju        ·        ry

## Definition

noun

1. any damage to a part of the body that causes pain or a problem in how the part functions.

*Hospitals treat many kinds of injuries, such as broken bones, cuts, and burns.*

## Advanced Definition

noun

1. any damage or wrong that causes hardship or suffering.
2. a particular instance of harm, esp. physical; wound.
3. in law, any wrongful act done to another.

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## These are some examples of how the word or forms of the word are used:

1. According to the NYSSF, you can do a few things to keep from getting a sports**injury**: Do warm-up stretches before and after playing any sport.
2. Carrying packs that are too heavy may cause **injury**.
3. Pain is a sure sign of an **injury**!
4. Unfortunately, about 5 million of those kids suffer some kind of **injury** while playing.
5. Every sport comes with the risk of **injury**.
6. Aches may be caused by tension, overuse, or muscle **injury** from hard exercise.
7. A repetitive stress **injury** (RSI) is a damaged muscle, tendon, or ligament caused by making the same hand or wrist motion again and again.
8. Risking serious **injury** to play a sport is foolish.
9. Vaughn missed a whole season because of an **injury**.
10. The scientists say the coasters' twists and turns are not fast enough to cause brain**injuries**.  
"People take more than 1 billion rides on roller coasters each year. The reports on brain**injury** are few and not proven," said Douglas Smith.

# sign

# sign

## Definition

### noun

1. something that shows a fact, event, or some other thing.

*Her smile was a sign that she agreed.*

*The bruise was a sign of injury.*

2. a mark or symbol that stands for a word or thing.

*The sign "+" stands for addition.*

3. a printed direction, notice, or warning.

*I always obey stop signs.*

*Jane hung a "for sale" sign on her car.*

### verb

1. to write one's name on.

*He signed the letter.*

## Advanced Definition

### noun

1. anything that indicates the presence or existence of a fact, event, quality, or tendency; indicator; indication.

*He gave the boy a pat on the head as a sign of approval.*

*A fever is often a sign of illness.*

*A light on upstairs was a sign that his father had come home.*

2. a conventional mark or symbol that stands for a word or for the thing or process signified by the word.

*The minus sign indicates subtraction.*

3. a printed direction, advertisement, warning, or the like, usu. mounted on a surface or on an upright support.

*Did you see the speed limit sign back there?*

*They put a help-wanted sign in the store window.*

*The sign said to turn left for the hospital.*

4. a gesture or expression intended to communicate a meaning; signal.

*The catcher gave a sign to the pitcher.*

5. something that indicates a future event or condition.

*Returning birds are signs of spring.*

6. a remaining indication; trace.

*There were no signs of anyone having been in the cabin.*

### **transitive verb**

1. to write one's name on, usu. as a closing to a letter or to certify an agreement.

*She signed the contract.*

*The documents are ready, but they haven't signed them yet.*

2. to write (one's name), usually in cursive writing.

*He signs his name so neatly!*

3. to communicate with by means of a sign or signs.

*She signed to her friend that she was going out to use the phone.*

### **intransitive verb**

1. to write one's name, esp. as an indication of agreement or acceptance.

*You need to sign on this line.*

2. to make a sign or signal.

*Their child was born deaf, so both parents are learning how to sign.*

*The coach signed to the quarterback to call for a time out.*

## **Spanish cognate**

*signo*: The Spanish word *signo* means sign.

**These are some examples of how the word or forms of the word are used:**

1. Hancock would eventually become the first **signer** of the Declaration of Independence.
2. People wave American flags. The flag is a symbol of our freedom. A symbol is an object or a **sign** that stands for something else.
3. Latin Americans started to rise up against the lingering **signs** of Spanish power. Spain was determined to hold on to its New World colonies. The two sides fought many bloody battles in Central and South America.
4. Before the 1920s, people often got into traffic accidents. One day, Garrett Morgan saw a bad accident between a car and a horse-drawn carriage. He decided to solve the problem by inventing a traffic signal. It was a pole with **signs** saying when to stop and go. Today's red, yellow, and green traffic lights are based on Morgan's idea.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. In the first paragraph the author sounds

- A. disappointed because the athlete wants to play.
- B. extremely upset that the athlete became injured.
- C. happy that the athlete with the injury is not playing.
- D. happy that the coach will not let the athlete play with the injury.

2. The list under "How To Be a Safe Sport" shows that the author is

- A. trying to confuse the reader about the NYSSF.
- B. careful to point out sports safety.
- C. not very interested in sports safety.
- D. trying to sell sporting goods.

3. Using safety equipment is a good idea because

- A. it protects the athlete's body.
- B. it covers areas of the body that are more likely to get damaged.
- C. the force of a fall or impact would be absorbed by the equipment rather than the body.
- D. all of the above.

4. Which of the following is an opinion?

- A. 5 million kids are injured while playing sports.
- B. The NYSSF wants there to be less injuries.
- C. 20 million kids play sports.
- D. Too many kids are injured while playing sports.

5. Does the author agree with the NYSSF? Explain.

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