OUR MISSION
To provide superior quality health care to Riverside County residents with a special focus on individuals and populations in need.

OUR VISION
To benefit all residents of Riverside County by serving as an academically affiliated primary, secondary, and tertiary level health care center, with a tradition of superior quality and service.

OUR VALUES
Commitment: superior service to all
Compassion: service with respect, dignity and sensitivity
Integrity: the highest level of ethical and professional conduct
Fiscal Responsibility: careful use of scarce resources
Quality: achieve the best outcomes
Safety: make patient safety the utmost concern
Innovation: encourage creativity and a willingness to accept new ideas
Collaboration: value and cultivate teamwork among all staff and outside organizations or groups
Community: reflect community needs in planning for services
Diversity: recognize the values and diversity of staff, patients and community

TRAUMA INJURY PREVENTION PROGRAM
Supported by the Morongo Special Distribution Grant

SPORTS AND ATHLETICS
Working with Our Community
In Keeping Everyone Safe.
HOW CAN SPORTS RELATED INJURIES BE PREVENTED?

About 67% of sports related injuries are strains and sprains

- The environment where children play should be properly maintained, (protective ground materials, maintained lawns without gopher holes, etc.).
- Wearing appropriate protective equipment, such as helmets, for each sport activity assures that the athletes are keeping themselves safe.
- Hydration and rest breaks also prevent injuries from occurring.
- Good nutrition and regular check ups keep kids healthier and stronger.
- Always stretch and warm up before any sport or athletic activity.
- Stretching prior to any physical activity can decrease the chances of an injury.
- Knowing and following the rules of any sport, as well as, enforcement of rules by referee’s, umpires, and judges can mediate conflicts and prevent injuries.
- Pre-season conditioning and being active year round improves strength, increases endurance and provides some stability of muscle integrity.

WHAT CAN SCHOOLS DO?

- Develop, teach, implement and enforce safety rules.
- Promote non violence through extra curricular activity program participation.
- Maintain the physical environment to meet safety standards.
- Hire physical education teachers, coaches and other staff members who are trained in injury prevention, first aid and CPR and provide ongoing staff development.

SPORTS AND ATHLETICS

What are the benefits to being involved in sports or athletics?

- Being active in sports and athletics improves one’s physical, social and emotional development.
- It improves coordination, increases self confidence and teaches people to work together as a team.
- Organized sports and athletics take place in schools, public parks, recreation centers and sports arenas.
- Backyards, streets and neighborhood common areas provide opportunities for more casual sports and athletics.