



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



RIVERSIDE COUNTY REGIONAL MEDICAL CENTER

MORENO VALLEY CAMPUS—MEDICAL CENTER
26520 CACTUS AVENUE
MORENO VALLEY, CA 92555
951.486.4000

ARLINGTON CAMPUS—PSYCHIATRIC CARE FACILITY
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TRAUMA INJURY PREVENTION PROGRAM Supported by the Morongo Special Distribution Grant



Sports and Athletics

*Working with Our Community
In Keeping Everyone Safe.*



About 67% of sports related injuries are strains and sprains



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.

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.
- Wear the appropriate footwear for that 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.

