

July 5, 2011

DIRECTIVE: JOB CORPS INFORMATION NOTICE NO. 10- 93

TO: ALL JOB CORPS NATIONAL OFFICE STAFF
 ALL JOB CORPS REGIONAL STAFF
 ALL JOB CORPS CENTER DIRECTORS
 ALL JOB CORPS CENTER OPERATORS
 ALL NATIONAL TRAINING AND SUPPORT CONTRACTORS
 ALL OUTREACH, ADMISSIONS, AND CTS CONTRACTORS

FROM: EDNA PRIMROSE
 National Director
 Office of Job Corps

SUBJECT: Recreational Safety

1. Purpose. To remind the Job Corps community about the importance of establishing recreational safety plans and providing students with the proper Personal Protective Equipment (PPE) for use during sports and recreational activities.
2. Background. In recent months, there have been a variety of serious recreational student injuries on and off center, in which students require medical separation from the program or extensive medical care. Some of these injuries, for example, have occurred while students were lifting weights, playing basketball, hiking, and roller skating.

According to the National SAFE KIDS Campaign and the American Academy of Pediatrics (AAP), an estimated 30 million children and teens participate in some form of organized sports in the United States. One third of all childhood injuries are sports related. Regardless of age group, studies have shown that participation in all sports and recreation activities have the potential for injuries that require emergency medical attention.

Many believe that contact sports such as football and hockey result in the majority of emergency room visits. In fact, results of a Loyola University study based on 2005 data compiled by the U.S. Consumer Product Safety Commission (CPSC) indicate that basketball is the most dangerous sport for children, adolescents, and teens, followed by football, baseball, and soccer. Surprisingly, bicycling is ranked second. Skateboarding, trampolining, playing softball, swimming and diving, and horseback riding round out the bottom half of the list.

3. Action. In accordance with Job Corps Policy and Requirements Handbook (PRH) Chapter 5, Section 5.20, R5, all Job Corps Centers are required to prepare recreational safety plans that address student and staff training, gymnasium and recreational equipment, competitive sports, PPE, and water safety, if applicable. Off-center recreational and leisure activities should

be planned in accordance with PRH Chapter 3, Section 3.18, and ensure that adequate supervision is provided. Activity planning should also include arrangements for meals, medical emergencies beyond first aid, and temporary shelter for outdoor activities that may be affected by unexpected weather changes.

All Job Corps centers are encouraged to provide students with the appropriate sports and recreational activity-specific PPE necessary to prevent injuries. Organized sports activities should be closely supervised. Students should receive training and instruction appropriate to their level of experience before engaging in activities such as weightlifting, swimming, or cycling.

The following resources are provided to assist with the selection of sports and recreational activity-specific PPE, as well as preventing injuries in sport, recreation, and exercise.

- U.S. Consumer Product Safety Commission (CPSC), “Which Helmet for Which Activity?” <http://www.cpsc.gov/CPSCPUB/PUBS/349.pdf>
- Centers for Disease Control and Prevention (CDC), National Center for Injury Prevention and Control, “CDC Injury Research Agenda,” June 2002, http://www.cdc.gov/ncipc/pub-res/research_agenda/Research%20Agenda.pdf , pp. 29-35

Addressees are to ensure that this Information Notice is distributed to all appropriate staff.

4. Expiration Date. Until superseded.

5. Inquiries. Direct all inquiries to Curtis Massey at (202) 693-3096 or massey.curtis@dol.gov, Kelley Baker at (202) 693-3089 or baker.kelley@dol.gov, or Heather Edmonds at (202) 393-3774 or edmonds.heather@dol.gov.