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# Fall Sports Safety

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# Stay in the Game

## Preventing Injuries in Youth Athletics

As the new school year begins and fall sports ramp up, ensuring the safety of young athletes is more important than ever. Whether your child is hitting the soccer field, the football gridiron, or the cross-country track, proper precautions can help prevent injuries and keep them in the game all season long. Here are some essential tips for parents and coaches to ensure the well-being of young athletes.

**1. Proper Equipment:** Ensuring that athletes have the right gear is the first line of defense against injuries. This includes sport-specific helmets, pads, mouthguards, and appropriate footwear. Make sure all equipment fits correctly and is in good condition. Worn-out gear can be less effective and increase the risk of injury.

**2. Concussion Awareness:** Concussions are a significant concern in youth sports. Coaches and parents should be educated on the signs and symptoms of concussions, such as confusion, dizziness, headaches, and balance issues. If a concussion is suspected, it's crucial to remove the athlete from play immediately and seek medical evaluation. Returning to play too soon can exacerbate the injury and prolong recovery.

**3. Warm-Up and Cool-Down:** Proper warm-up and cool-down routines are essential for preventing injuries. Encourage young athletes to start with light aerobic exercises followed by dynamic stretching before practice and games. Afterward, a cool-down period with static stretching can help reduce muscle soreness and aid recovery.

**4. Hydration and Nutrition:** Keeping young athletes well-hydrated is vital, especially during intense practices and games. Ensure they drink water regularly, even if they don't feel thirsty. Proper nutrition also plays a critical role in maintaining energy levels and overall health.

**5. Rest and Recovery:** Overtraining can lead to fatigue and increase the risk of injury. Ensure athletes have adequate rest between practices and games and encourage them to listen to their bodies. Sufficient sleep is also crucial for recovery and peak performance.

**6. Safe Playing Environment:** Inspect playing fields and facilities to ensure they are safe and well-maintained. Look for hazards like uneven surfaces, debris, and inadequate lighting. Ensuring a safe environment helps prevent accidents and injuries during play.

**7. Education and Training:** Coaches should be trained in first aid and CPR and be knowledgeable about injury prevention strategies. Parents can support by staying informed about the sports their children participate in and advocating for safety measures.

**8. Open Communication:** Foster a culture of open communication where athletes feel comfortable reporting injuries or discomfort. Ignoring minor injuries can lead to more severe issues down the line. Encourage athletes to speak up and take any complaints seriously.

By taking these proactive steps, parents and coaches can help ensure that young athletes enjoy a safe and successful fall sports season. Prioritizing safety not only protects the health of the players but also allows them to perform at their best and enjoy the many benefits of youth athletics. ■



# Knowledge is Power

## LEARNING LEGALESE!

### Statute of Limitations to File Lawsuit

A statute of limitations is the time period in which a plaintiff may file a lawsuit claiming damages. A statute of limitations is set by law and can vary state by state. For example, in a car accident claim in the State of Florida, a plaintiff has two (2) years to bring a claim against a tortfeasor that caused plaintiff's bodily injuries or wrongful death and five (5) years to bring a claim against their own insurance company for an Uninsured/Underinsured Motorist claim.

*Reminder: check your car insurance and make sure you have Uninsured/Underinsured Motorist coverage! ■*



## HERE'S TO YOUR HEALTH

### Footwear and Injury Prevention: Stepping Towards Safety

Wearing the right footwear is crucial in preventing injuries, whether you're at the gym, on the road, or just going about your daily routine. Poorly chosen shoes can lead to a variety of issues, including foot pain, ankle sprains, and even back problems. Here are some tips to ensure your footwear helps keep you safe and injury-free.

**1. Choose the Right Shoe for the Activity:** Different activities require different types of support. Running shoes are designed to absorb shock and provide stability, while cross-training shoes offer lateral support for gym workouts. Make sure your shoes are appropriate for your activity.

**2. Ensure Proper Fit:** Ill-fitting shoes can cause blisters, calluses, and other painful conditions. When trying on shoes, make sure there's enough room to wiggle your toes, and avoid shoes that pinch or feel too tight.

**3. Replace Worn-Out Shoes:** Over time, shoes lose their cushioning and support. Regularly check the condition of your shoes and replace them when they show signs of significant wear, usually every 300-500 miles for running shoes.



**4. Break in New Shoes Gradually:** Don't immediately wear new shoes for long periods or intense activities. Gradually break them in to allow your feet to adjust.

**5. Pay Attention to Surfaces:** Different surfaces can affect how your shoes perform. For example, trail running shoes have better traction for uneven terrain, while road running shoes are better suited for pavement.

By paying attention to your footwear, you can significantly reduce the risk of injury and keep your feet healthy and happy. Remember, good shoes are an investment in your overall well-being. Stay safe and step towards better health with the right footwear choices! ■

# Online Safety Tips for Kids and Parents

The internet has become an undeniable part of childhood. From online learning and connecting with friends to entertainment and exploration, it offers a vast universe of opportunities. However, the digital world also comes with its share of dangers. Protecting children online requires not just vigilance from parents but also a concerted effort from lawmakers.

Here, we share the potential dangers of the online world for children, explore steps parents can take to safeguard their kids, and look at the measures being explored by the U.S. Congress to create a safer digital space for young users.

## Dangers Lurking Online:

- **Inappropriate Content:** Explicit content, violence, and online predators can pose serious threats to a child's well-being.
- **Cyberbullying:** Online harassment, exclusion, and mean comments can have a lasting impact on a child's emotional and social development.
- **Privacy Concerns:** Oversharing personal information online can lead to identity theft or exploitation.
- **Addiction:** The constant stimulation and social validation offered by some platforms can lead to excessive screen time and internet addiction.
- **Exposure to Misinformation:** The spread of false information online can confuse children and hinder their ability to discern truth from falsehood.

## Empowering Parents for Online Safety:

- **Open Communication:** Create a safe space for open communication with your children about their online experiences. Encourage them to share concerns without fear of judgment.
- **Set Ground Rules:** Establish clear guidelines regarding screen time, website access, and online behavior.
- **Parental Controls:** Utilize parental controls offered by devices and platforms to restrict access to inappropriate content and monitor online activity.
- **Digital Literacy Education:** Equip your children with the knowledge to navigate the online world safely. Teach them about responsible online behavior, password security, and cyberbullying prevention.
- **Lead by Example:** Model good online behavior by being mindful of your own digital footprint.



## Legislative Efforts for a Safer Online Space:

Recognizing the growing need for online child protection, the U.S. Congress is actively exploring legislative solutions. The proposed "Kids Online Safety Act" (KOSA) aims to hold social media companies accountable for the safety of children on their platforms. Here's what the proposed act aims to achieve:

- **Duty to Protect:** KOSA would require social media companies to prioritize the well-being of children on their platforms. This could include measures to remove harmful content, prevent online harassment, and protect children's privacy.
- **Increased Transparency:** Platforms would need to be transparent about their algorithms and content moderation practices, allowing parents to understand how their children's online experiences are shaped.
- **Parental Controls and Tools:** Platforms would be required to provide robust parental control tools to give parents greater control over their children's online environment.

## Moving Forward with Collaboration:

The path towards creating a safe online space for children requires a collaborative effort. Parents must remain vigilant and equip their children with the necessary tools for safe online navigation. The proposed KOSA signifies a crucial step towards holding tech giants accountable for fostering safer online environments for children. While legislation is essential, open communication, education, and responsible digital citizenship remain key ingredients for a truly safe online world for our future generation. ■

# Firm News



## Leading the Way: Scott Perry Re-Elected to Support Our Legal Community

Congratulations to Partner Scott Perry on his re-election and installation to the Board of Directors of the Palm Beach County Bar Association! He will serve from 2024 to 2026. ■

## Grateful Client Says Thanks: Celebrating Our Legal Team's Impact on Her Life



Litigation Paralegal  
Meghan Carney

# Thank You For Your Confidence And Trust In Us

We at Murray Guari are thankful and humbled by the **positive feedback from our clients**. We remain strong on our focus – helping our clients when they need it most. **Here are a couple of recent reviews provided by our clients:**

**C** Carlos



The best of the best. I really appreciate the help I got from the crew super thankful for Scott Murray. Truly the best.

**L** Luis Muyudumbay



Jason Guari represented our family for a motor vehicle crash. The staff were all very professional and communicated with us regularly. The law firm exceeded our expectations, and we would not hesitate to recommend them to our friends and other family members if needed.

*We have over 100 5-Star Reviews on Google!*

# Recognitions

Our attorneys have been recognized on the local and national levels for their achievements in law, as well as their community leadership and other activities.



**Murray Guari –  
Hablamos Español**



1525 N. Flagler Drive, Suite 100  
West Palm Beach, FL 33401



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# Murray Guari Trial Attorneys PL

## Referrals are the Greatest Compliment. How Can We Help?

At Murray Guari Trial Attorneys PL, **we represent victims** throughout Florida who have suffered serious personal injuries due to the negligence of others. **Our team is truly concerned about our clients' well-being and getting justice for them.** We are proud that our clients come to us based on a personal recommendation from past clients and from other attorneys in the community who respect our reputation and the quality of our work. We would be honored to put our experience, skill, and integrity to work for you or anyone you refer. ■



*Keith Hedrick, Jason Guari, Scott Murray, and Scott Perry*

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**Main Office:** 1525 N. Flagler Drive, Suite 100 • West Palm Beach, FL 33401

**Ft. Lauderdale Office:** (Appointment Only) 500 N. Federal Hwy, Suite 200 • Fort Lauderdale, FL 33301

561.366.9099 • Fax 561.366.9098 • murrayguari.com

