

# Gym Bag Safety for Children

## Gym Bags

Children who play sports or workout will need a bag to carry their belongings. This may include a sports bag, gym bag, workout bag, or a sports equipment bag or backpack.

To help prevent injury, it is important for your child to use a gym bag the right way.

Most injuries are caused by a gym bag that is too heavy. To cope, children will often arch their back, lean forward or lean to one side. This can cause back pain, neck and shoulder strain, and poor posture. They could also fall, trip over the gym bag or bump into others.



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## How to Choose a Gym Bag

It is important to choose a gym bag that is right for the size of your child. If your child is small, it may be better to use two small bags instead of one large bag.

### Tips for choosing a gym bag

- Choose a bag that has the option to wear it on your shoulders.
- Choose a rolling duffel bag that has 4 wheels.
- Choose a bag that has padded handles and straps.
- Do not use a bag that has thin straps. Choose one that has wide, adjustable straps.
- Do not use a bag that is made of heavy weight material. Choose one that is made of a light, durable material.

### Tips for Using a Gym Bag

- Switch hands often when carrying a gym bag.
- Use your hands and shoulder to help carry a gym bag.
- Switch positions often.
- Use compartments in the gym bag to help distribute the weight.
- Do not fill the gym bag too full.

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## What to Do if Your Child's Gym Bag is Too Heavy

If your child's gym bag is too heavy, have your child:

- clean it out each week
- take out duplicate items
- use storage at the gym
- ask an adult to help carry bags or equipment.



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**The wrong way to carry a gym bag.**



Photo © Allina Health System

**The right way to carry a gym bag.**