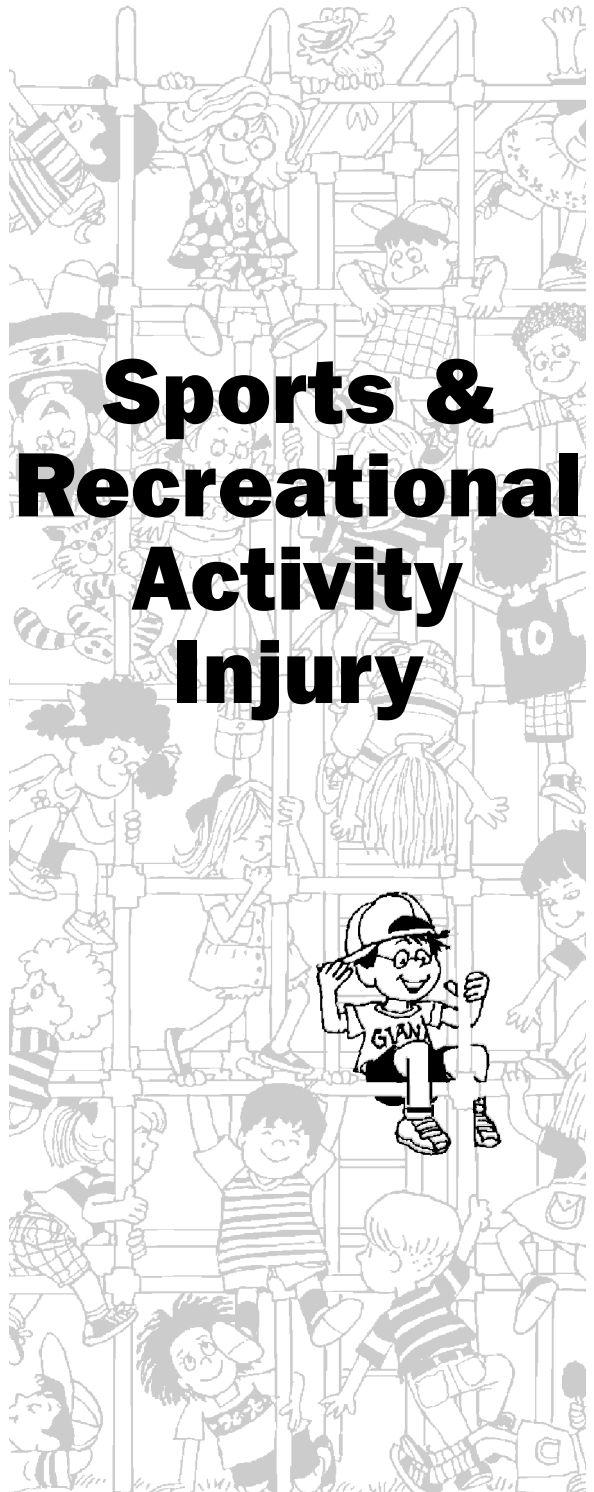




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# Sports & Recreational Activity Injury



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# Sports & Recreational Activity Injury

Injury is always a possibility during physical activity. Sports injury can occur as a result of falls, collisions, being struck by an object, or overexertion. Children are more susceptible to these injuries than adults; in fact, children ages 5 to 14 account for nearly 40 percent of all sports-related injuries.

## The Facts Are In

- Injuries associated with participation in sports/recreational activities account for 21 percent of all traumatic brain injuries.
- More than 3.5 million children ages 14 and under suffer from sports and recreation-related injuries each year.
- Young children (ages 5 to 9) are more likely to sustain playground and bicycle related injuries while older children are more likely to suffer from bicycle and sports related injuries and overexertion.
- Death among children during participation in sports activities is rare.

## Did You Know?

- It is estimated that half of all significant sports-related injuries are treated in sports medicine clinics.
- Baseball has the highest fatality rate among sports for children ages 5 to 14. Each year, three to four children die from baseball related injuries.

- Gymnastics has one of the highest injury rates among girls' sports.
- Children who do not wear or use protective equipment, particularly helmets, are at greater risk of sustaining recreational injuries. Unlike organized team sports, recreational activities generally do not have helmet requirements.

## Steps To Safety

- Children should always wear appropriate shoes and safety gear when participating in sports and recreational activities.
  - Always use appropriate safety equipment, and ensure adequate adult supervision.
  - Ensure that safety rules are enforced.
  - Match and group children according to similar skill level, weight and physical maturity, especially for contact sports.
  - Ensure that children drink an adequate amount of liquids while engaging in athletic activities. A body that is dehydrated is more prone to injury.
  - Provide children with proper training and skills building when they are learning a new sport.
  - Never encourage a child to “play through the pain.” Injuries are more likely to occur.
  - Be certain that playing areas - indoors and outdoors are inspected regularly for hazards.
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