

Exploring the Culture of Youth Sports



1.24 million kids were seen in emergency rooms for sports injuries in 2013.



That's 3,397 every day



141 every hour

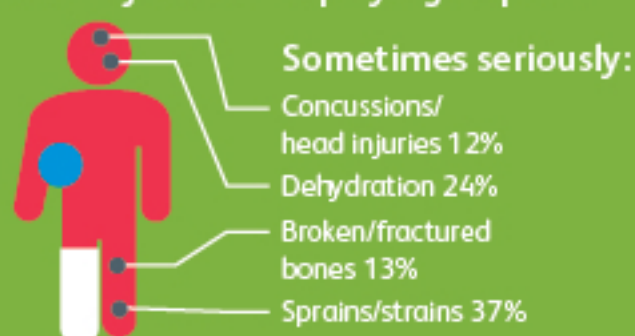


1 every 25 seconds.

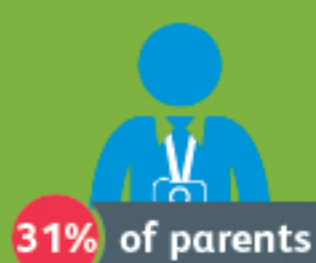
Among children ages 19 and under, **13 to 15-year-olds** accounted for the largest number of injuries.



90% of athletes said they have been injured while playing a sport.



Many respondents said they **don't do anything** to prevent injuries.



54% of athletes said they have **played injured**.

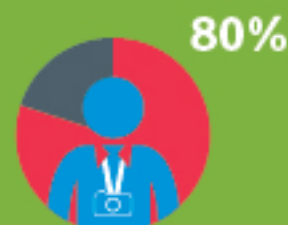
WE ASKED WHY



"I was needed and couldn't let the team down."
 "I didn't want to be benched."
 "It was an important game."

Fewer than half of coaches say they have received **certification** on how to prevent and recognize sport injuries.

80% of parents said they would want their child's coach to be certified in injury prevention.



42% of athletes said they have hidden or **downplayed an injury** during a game so they could keep playing.



More than half of coaches (53%) say they have felt pressure from a parent or player to put an athlete back into a game if a child has been injured.



33% of athletes have been injured as the result of **dirty play** from an opponent.



28% of athletes agree that it is normal to commit hard fouls and play rough to 'send a message' during a game.

73% of athletes say they have been **yelled at by a coach**.



Strategies for Smart Play

- **Set the ground rules at the beginning of the season.** Coaches bring together parents and athletes before the season begins to agree on the team's approach to prevent injuries.
- **Teach athletes ways to prevent injuries.** Proper technique, strength training, warm-up exercises and stretching can go a long way to prevent injuries.
- **Prevent overuse injuries.** Encourage athletes to take time off from playing only one sport to prevent overuse injuries and give them an opportunity to get stronger and develop skills learned in another sport.
- **Encourage athletes to speak up when they're injured.** Remove injured athletes from play.
- **Put an end to dirty play and rule breaking.** Call fouls that could cause injuries.
- **Get certified.** Learn first aid, CPR, AED use and injury prevention skills.