



# ARE YOUR CHILDREN ADVENTUROUS AND ATHLETIC?

## Did you know...?

- In 2008, bicycle riding injuries in the U.S. resulted in over half a million emergency room visits – followed closely by basketball and football injuries at 487,000 and 479,000 respectively.<sup>1</sup>
- Over one-third of children under age 14 who play organized sports have experienced an injury.<sup>2</sup>

<sup>1</sup> National Safety Council – Injury Facts, 2010

<sup>2</sup> Safe Kids USA, A National Survey of Parents' Knowledge, Attitudes, and Self-Reported Behaviors Concerning Sports Safety, April 2011



## Sports Participation and Injuries, United States, 2008<sup>1</sup>

Sport/Activity	Injuries	Percent of Injuries by Age (%)		
		0-4	5-14	15-24
Baseball	159,832	3.2	49.2	26.1
Basketball	487,305	0.4	31.3	48.5
Bicycle riding	503,832	5.6	39.7	18.2
Cheerleading	29,148	0.3	47.4	51.4
Football	478,802	0.3	46.9	42.9
Gymnastics	28,247	4.2	73.0	19.2
Horseback riding	73,328	1.5	18.3	21.8
Ice Hockey	21,109	0.4	29.4	46.7
Roller skating	60,490	0.7	55.3	14.3
Skateboarding	149,577	1.0	49.1	38.3
Snowboarding	59,301	0.1	29.1	48.2
Soccer	199,475	0.7	41.3	38.6
Softball	114,036	0.4	24.8	31.8
Swimming	177,630	8.9	41.7	18.2
Volleyball	56,230	0.4	28.4	43.9
Weight lifting	79,027	3.9	9.9	36.2
Wrestling	37,369	0.0	38.0	56.1

# SAFETY AND HEALTH TIPS

from the National Safety Council:<sup>3</sup>

## 1 Bike Riding

When biking, always wear a helmet. The first body part to fly forward in a collision is usually the head, and with nothing but skin and bone to protect the brain from injury, the results can be disastrous. Make sure you and your children wear properly fitted helmets every time you get on your bikes. Wearing a properly fitted helmet can reduce the risk of a head injury by 85 percent!<sup>4</sup>

## 2 Swimming

Stay close, be alert, and watch your child in and around the pool. Never leave a child unattended in a pool or spa and always watch your child when he or she is in or near water. Learn how to swim and teach your child how to swim. Teach children basic water safety tips, like staying away from pool drains, pipes, and other openings to avoid entrapments. Learn to perform CPR on children and adults and update those skills regularly.

## 3 Soccer

Do not let children climb on goals or hang on the crossbar. Heavy soccer goals can tip over and pin children. Always make sure your child wears appropriate shin guards.

## 4 Baseball

Batters should wear a batting helmet with a face guard. You can prevent sliding injuries by using safety release bases that do not leave holes in the ground or parts of the base sticking up from the ground when the base is released.

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<sup>3</sup> Information from the National Safety Council website, [www.nsc.org](http://www.nsc.org) – August 2011

<sup>4</sup> Information from the U.S. Consumer Product Safety Commission website, [www.cpsc.gov/onsafety](http://www.cpsc.gov/onsafety) - August 2011