

SPORTS



INJURIES

ACCORDING TO THE CDC, THERE ARE AN ESTIMATED
2.6 MILLION EMERGENCY DEPARTMENT VISITS

for injuries related to commonly played sports in children 19 & under each year.¹¹⁰



That's **7,123/DAY, 297/HOUR** or **1 every 5 SECONDS.**



There have been
MORE THAN 300
SPORTS-RELATED FATALITIES
of young athletes
between 2008 and 2015.³



The secondary school
athletic population

**LEADS THE
NATION**

in athletic-related
deaths.⁶⁰⁻⁶⁵

Among children, those ages
15 to 17 experience the

**HIGHEST RATE OF
EMERGENCY ROOM VISITS**
for sports injuries.⁵

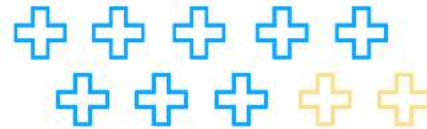


**62 PERCENT OF ORGANIZED SPORTS-RELATED
INJURIES OCCUR DURING PRACTICE.**^{6,53}

Sudden cardiac arrest (SCA) is the leading cause of death in exercising young athletes.



WITHOUT APPROPRIATE EMERGENCY PREPARATION AND
RESPONSE, JUST ONE IN 10 U.S. STUDENT ATHLETES WHO
SUFFER SUDDEN CARDIAC ARREST SURVIVES.¹⁶



WHEN PROMPT RECOGNITION, CPR AND EARLY
DEFIBRILLATION WITH AN AED ARE PROVIDED,
SUDDEN CARDIAC ARREST IN STUDENT ATHLETES HAS
A SURVIVAL RATE OF MORE THAN 80 PERCENT.¹⁸

Two-thirds of
young athletes show
up for practice
SIGNIFICANTLY DEHYDRATED.²⁰



54 percent of athletes said
they have played while injured.

When asked why, they said:

- "I WAS NEEDED AND COULDN'T LET THE TEAM DOWN."
- "I DIDN'T WANT TO BE BENCHED."
- "IT WAS AN IMPORTANT GAME."⁴³



Exertional heat stroke can be
prevented, and it has proven
TO BE 100 PERCENT SURVIVABLE
when immediately recognized
and aggressively cooled on site.²²



**EVERY THREE MINUTES A CHILD IS SEEN IN AN EMERGENCY
DEPARTMENT FOR A SPORTS-RELATED CONCUSSION.**⁴

Prevention of injury is critical
because previous injury is a
risk factor for future injury.

PLAYERS WITH ONE OR MORE PREVIOUS INJURIES HAVE
TWO TO THREE TIMES GREATER RISK OF INJURY
COMPARED TO THOSE WITHOUT PREVIOUS INJURY.⁷

Among high school athletes, concussion
RATES HAVE STEADILY INCREASED
in the past decade.²⁷

90 PERCENT of athletes said they have
been injured while playing a sport.⁴³