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.¹¹

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 2015.¹

The secondary school athletic population LEADS THE NATION in athletic-related deaths.⁵⁰-⁶⁵

Among children, those ages 15 to 17 experience the HIGHEST RATE OF EMERGENCY ROOM VISITS for sports injuries.¹

62 PERCENT of organized sports-related injuries occur during practice.⁶³²

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.¹⁶

Two-thirds of young athletes show up for practice SIGNIFICANTLY DEHYDRATED.²⁹

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

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

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.

90 PERCENT of athletes said they have been injured while playing a sport.⁴¹

For a list of full references, visit atyourownrisk.org.