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
- 341 every hour
- 1 every 25 seconds

Among children ages 9 and under, 13 to 15-year-olds accounted for the largest number of injuries.

- 37% of injuries

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

- 23% of coaches
- 28% of athletes
- 31% of parents

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

- Sometimes seriously:
  - Concussion/ head injury: 17%
  - Dehydration: 24%
  - Broken/ Fractured bone: 15%
  - Sprain/ Sprains: 37%

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."

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

- 62% know someone else who has.

62% of coaches report a player having hidden or downplayed an injury.

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 fouls and play rough to "send a message" during a game.

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

Of those, 40% of kids said that being yelled at by a coach made them want to quit playing in sport.

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 injury.
- Prevent average injuries. Encourage athletes to take time off from playing only one sport to prevent average 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.