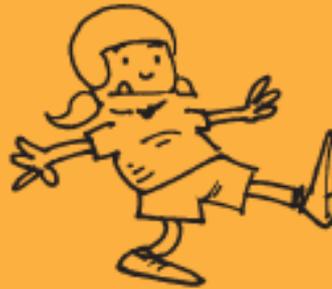


Sports-Related Fall Prevention Information for Parents

fallfreezone



SPORTS

Injuries are the leading cause of death in New York State (NYS) for children ages 1 to 19 years.

How many children are injured because of a fall?

- Falls are the leading cause of injury-related hospitalizations and emergency department visits in NYS for children ages 14 and younger, and the second leading cause of injury for children ages 15 to 19.
- Hospitals treat an average of more than 106,000 fall-related injuries in children under 19 each year in NYS.

Sports Injuries

- According to the American Academy of Orthopaedic Surgeons:
 - The majority of sports injuries are sprains and strains, caused when stress is placed on tendons, joints, bones, and muscle.
 - About five percent of sports injuries involve broken bones.

Preventing Injuries in Team Sports

Children and Teens Ages 6 to 19 Years

- Organized sports are an excellent way to encourage physical activity. Coaches are available to supervise the children, and make sure rules are followed to allow everyone to play safely.
- Getting a yearly physical exam before the start of the season will ensure your child can safely engage in sports and recreational activities.
- All players should warm up before and cool down after playing.

Preventing Injuries in Team Sports

Children and Teens Ages 6 to 19 Years

- Children under the age of 6 should not participate in team sports.
- Use of protective equipment is one of the most effective ways to reduce the risk of injury in all sports, particularly contact sports such as ice hockey and football.

Preventing Injuries in Team Sports

Children and Teens Ages 6 to 19 Years

- Safety rules should be enforced, such as:
 - Rules against spearing in football
 - Rules against body checking in hockey
- The use of safety balls, breakaway bases, protective helmets, and faceguards can help reduce the risk of baseball and softball injuries.

Skiing and Snowboarding Injuries

- In NYS, an average of almost 3,000 children ages 19 and younger are treated each year at a hospital for injuries sustained while either skiing or snowboarding.
 - More than 15 percent of children who are hospitalized and more than 10 percent of those seen as outpatients in hospital emergency departments for skiing and snowboarding injuries sustain a traumatic brain injury, the most severe type of head injury.
 - More than 90 percent of these traumatic brain injuries are sustained by children ages 10 to 19.

Preventing Injuries in Skiing, Snowboarding, and Sledding

Children and Teens Ages 6 to 19 Years

- Young children should always be supervised by an adult.
- The American Academy of Orthopaedic Surgeons recommends that children age 12 and under wear a helmet when sledding and that all athletes wear helmets while skiing and snowboarding to reduce the risk of sustaining a head injury.
- Learn how to fall safely to reduce the risk of injury.

Preventing Injuries in Skiing, Snowboarding, and Sledding Safety

Children and Teens Ages 6 to 19 Years

- Wear the appropriate protective gear designed for the sport.
 - Skiers should wear safety bindings and snowboarders should wear gloves with built-in wrist guards.
- Wear several layers of light, loose and water-and wind-resistant clothing to ensure warmth and protection.
- Take one or more lessons from a qualified instructor, especially when beginning sports like skiing and snowboarding.
 - This will teach your child the basic skills.

Wheeled and Recreational Equipment Injuries

- Each year in New York State, on average, over 18,000 children ages 19 and younger are treated at a hospital for injuries from bicycles, skateboards, and other nonmotorized wheeled recreational equipment.
 - 20% of the children who are hospitalized because of these injuries sustain a traumatic brain injury, the most severe type of head injury.
 - Half of these children are between the ages of 10 and 14 years.

Preventing Injuries in Wheeled Sports and Recreation

Children and Teens Ages 6 to 19 Years

- Parents and guardians should supervise young children at all times when they are using wheeled recreational equipment
- Consider the child's coordination and desire to learn to ride when deciding whether to allow him or her to ride a two-wheeled bike.
 - Generally, children are ready to progress to a two-wheeled bike when they are five or six years old.
- Do not transport a child under the age of one year on a bicycle because a baby's neck muscles are not strong enough to support a helmet.

Preventing Injuries in Wheeled Sports and Recreation

Children and Teens Ages 6 to 19 Years

- NYS law requires that all children under the age of 14 wear an approved bicycle helmet while bicycling, in-line skating, riding scooters, and skateboarding.
- Buy a helmet than fits your child, not one that they will “grow into.”
- Adjust the chinstraps so that the helmet does not slide from side to side or front to back.
 - The helmet should sit squarely on top of your child’s head, covering the top of the forehead, and should not tilt in any direction.

Preventing Injuries in Wheeled Sports and Recreation

Children and Teens Ages 6 to 19 Years

- Only use wheeled sports and recreational equipment during daylight hours.
- Ride on smooth surfaces away from traffic.
- Older children who plan to practice tricks and trick jumps should do so only in a controlled environment, such as a skate park, with adult supervision and appropriate access to emergency medical care.
- Never allow your child to:
 - skate or skateboard in the street or to ride with another person on a bicycle or skateboard.
 - hold onto a car, truck or other moving vehicle while skateboarding, bicycling, roller skating, or inline skating.

For More Information about Team Sports Safety

- American Academy of Orthopaedic Surgeons (www.aaos.org)
- American Academy of Pediatrics (www.healthychildren.org)
- Centers for Disease Control and Prevention – “Heads Up: Concussion in Youth Sports” Tool Kit (www.cdc.gov/ConcussionInYouthSports)
- Centers for Disease Control and Prevention (www.bam.gov)
- National Federation of State High School Associations (www.nfhs.org/sports.aspx)
- Pop Warner Football Chart: Ages and Weights for Tackle Football Programs (www.popwarner.com/football/footballstructure.asp)

For More Information about Wheeled Sports Safety

- American Academy of Orthopaedic Surgeons – Inline Skating Safety
(www.orthoinfo.aaos.org/topic.cfm?topic=A00138)
- American Academy of Orthopaedic Surgeons – Skateboarding Safety
(www.orthoinfo.aaos.org/topic.cfm?topic=A00273)
- American Academy of Orthopaedic Surgeons – Scooter Safety
(www.orthoinfo.aaos.org/topic.cfm?topic=A00343)
- Bicycle Helmet Safety Institute (www.bhsi.org)
- Children’s Safety Network (www.childrenssafetynetwork.org)
- National Safety Council In-line Skating Fact Sheet
(www.nsc.org)

For More Information about Winter Sports Safety

- American Academy of Orthopaedic Surgeons (www.aaos.org)
- American Academy of Orthopaedic Surgeons - Position statement on helmet use for skiing and snowboarding (www.aaos.org/about/papers/position/1152.asp)
- American Academy of Orthopaedic Surgeons – Skiing Safety (www.orthoinfo.aaos.org/topic.cfm?topic=A00321)
- National Safety Council Fact Sheet on Sledding ([www.downloads.nsc.org/pdf/factsheets/Tips for Safer Sledding and Tobogganing.pdf](http://www.downloads.nsc.org/pdf/factsheets/Tips%20for%20Safer%20Sledding%20and%20Tobogganing.pdf))

Questions?

Contact Us!

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