



FACTS, FIGURES AND CALL TO ACTION National Athletic Trainers' Association Second Youth Sports Safety Summit and Media Briefing

The incidence of youth sport injuries, recent national attention to helmet-to-helmet hitting in football, and the risk of chronic or catastrophic injury from concussion, sudden cardiac arrest, sickle cell trait and heat illness, among other conditions, has spotlighted the urgent need for immediate and improved health care on the playing field. National and state legislation is being presented and passed to ensure coaches, players, health care professionals and school administrators follow appropriate medical protocols when preventing and treating injury. The importance of emergency action plans and preparticipation exams remains critical.

The National Athletic Trainers' Association hosted its first Summit on Youth Sports Safety in January 2010, to encourage legislation and a call to action with regard to medical care, safety of equipment and increased research. The event caught the attention of media, legislators, parents and health care organizations. But what has happened since then? With the support of nearly 40 sports and health organizations, NATA hosted its second summit on Tuesday, Dec. 7, 2010, as a follow-up event and media briefing to address the latest in research, prevention and treatment: ***ONE YEAR LATER: A Report Card on the Youth Sports Safety Crisis.***

Facts & Figures:

- 48 young athletes have died in 2010, in 25 states.
- Approximately 8,000 children are treated in emergency rooms each day for sports-related injuries.
- According to the Centers for Disease Control and Prevention, between 1.6 million and 3.8 million brain injuries occur in sports each year – and 63,000 occur in high school athletes alone.
- The CDC reports that high school athletes suffer 2 million injuries, 500,000 doctor visits and 30,000 hospitalizations each year.
- The American Academy of Pediatrics reports that from 2001 to 2005, U.S. children who were aged 8 to 19 years had an estimated 502,000 emergency department visits for concussion.
- 400,000 brain injuries (concussions) occurred in high school athletics during the 2008-09 school year.
- There are three times as many catastrophic football injuries among high school athletes as college athletes.
- Only 42 percent of high schools have access to athletic training services.
- 47 percent of schools nationally fall short of the federally recommended nurse-to-student ratio and many schools have no nurse at all.
- Among children, those aged 15-17 experience the highest emergency room visits for sports injuries.
- Rates of sports injury visits to ERs were highest in remote rural settings.
- 50 percent of “second impact syndrome” incidents – brain injury caused from a premature return to activity after suffering initial injury (concussion) – result in death.

- Female high school soccer athletes suffer almost 40 percent more concussions than males (29,000 annually).
- Female high school basketball players suffer 240 percent more concussions than males (13,000 annually).
- Concussion symptoms such as headache and disorientation may disappear in 15 minutes, but 75 percent of those tested 36 hours later still had problems with memory and cognition.
- 15.8 percent of football players who sustain a concussion severe enough to cause loss of consciousness return to play the same day.
- History of injury is often a risk factor for future injury, making prevention critical.
- 62 percent of organized sports-related injuries occur during practices.

Call to Action:

The Youth Sports Safety Alliance commits to:

- Ensure that youth athletes have access to health care professionals who are qualified to make assessments and decisions.
- Educate parents, athletes, coaches, teachers and others about the signs and symptoms of sports injuries and conditions (e.g., brain injury, heat illness and exertional sickling).
- Assure pre-participation exams before play begins and, where appropriate, conduct baseline testing.
- Ensure that sports equipment, uniforms, playing surfaces and environmental conditions are checked for safety and best conditions.
- Write to state legislators and members of Congress, expressing concerns.
- Insist that research into youth sports injuries and their effects be undertaken immediately and be supported by tax dollars.
- Support a national registry of sport-related catastrophic injuries and fatalities to improve safety and participation.
- Demand that appropriate emergency action plans and safety and medical protocols and procedures are in place at every sporting event and facility.
- Educate players and others that there's a difference between pain and injury, and work to eliminate the culture of "playing through pain" without assessment.
- Ensure that both general and sport-specific safety education be a priority for every administrator, coach, parent and player.

For more information please visit www.youthsportssafetyalliance.org.