A Collaborative Approach to Safety

Progress Report from the Youth Sport Governing Bodies Meeting
Youth Epidemiological Data

- Youth Sport Sudden Death Epidemiological Data
  - Little to no data resources available
  - Due to lack of reporting structure, administrative reporting lines, and medical oversight which necessitates reporting for documentation purposes.

- Participation rates for kids 6-12 are ~30 million
  - ER Reports ~39% of life threatening injuries are sport related (mannix)
From 2010-2014 we have detailed information on 34 deaths

**Ages**
- 8-14y

**Gender:**
- 30 male
- 4 female

**Nationality:**
- 19 Caucasian
- 10 African American
- 3 Hispanic
- 1 Asian American
- 1 Unknown

**Level of Competition**
- 8 High School Team
- 18 Middle School Team
- 5 Recreation League
- 3 Youth Sports League
2010-2014 YOUTH (<14Y) SUDDEN DEATH BY SPORT (N=34)

- Baseball: 18%
- Basketball: 20%
- Cross Country: 9%
- Football: 26%
- Hockey: 3%
- Lacrosse: 3%
- Soccer: 12%
- Swimming: 3%
- Volleyball: 3%
- Wrestling: 3%

76% of all youth sport deaths
2010-2014 YOUTH (<14Y)
SUDDEN DEATH BY CAUSE (N=34)

47% OF ALL YOUTH SPORT DEATHS WERE CARDIAC RELATED (20% unknown)

Cardiac (Young <35) 44%
Cardiac (Commotio Cordis) 3%
Lightning 3%
Exertional Sickling 3%
Exertional Heat Stroke 3%
Inconclusive 9%
Pulmonary Edema 3%
Traumatic Brain Injury 6%
Drowning 3%
Anaphylactic Shock 3%
Blood Clot 3%
Blunt Force Trauma 6%
Unknown 11%
TYPE OF ACTIVITY

Practice, 76%

Game, 24%
Schwartz: Requiring Use Of Certified Athletic Trainers Key To Protecting Our Young Athletes

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Filed Under: JAG Physical Therapy, John Gallucci Jr., Peter Schwartz, youth sports

Having certified athletic trainers at youth sports events makes all the sense in the world. There isn’t a physician who would ever oppose having a licensed professional on the field. There isn’t a parent who wouldn’t want their child to have the best possible care. And there isn’t a coach who wouldn’t want to have that responsibility on his or her plate.

Are youth sports worth it? Full results of Lehigh Valley poll

January 5, 2016, 5:08 PM

What is the effect of youth sports on young people?
- 46.9% Positive
- 42.9% Neutral
- 11% Negative

What is the primary reason youth sports have a negative effect?
- 29% Injuries
- 22% No time to study
- 11% No time to play other sports
- 27% Other

What is the primary reason youth sports have a positive effect?
- 33.7% Increased discipline
- 18.8% Increased teamwork
- 51.5% Other

What best describes how risks of sports-related concussions affect your view of high school football?
- 70% Made me feel more nervous
- 22% Made me less likely to watch
- 8% No change in view

US Soccer Recognize to Recover

- All coaches should be instructed to teach and emphasize the proper techniques for heading the ball.

- If a player has a suspected concussion, the player may now be evaluated without penalty (substitution rules).

- Licensed coaches and referees hired through U.S. Soccer have to watch a video to review concussion information and protocols on a yearly basis.

- U.S Soccer will now require an Athletic Trainer (AT) to be present at all U.S. Soccer Development Academy home games (was only recommended in the past).

- In youth tournaments, it is recommended that multiple healthcare providers be employed and be in collaboration with each other on the emergency action plan.

- SCAT3 and Modified BESS testing will be used on the sideline for all concussion evaluations.
A Brief Youth Sport Safety Timeline

- 2009 NATA convened the Youth Sport Safety Alliance
- 2012 NATA releases position statement on sudden death in sport
- 2013 Inter-association task force document on sudden death in sport for secondary school level
- January 2015 KSI organized first Youth Sport Governing Bodies meeting
  - Reconvened in January 2016 for year 2
1st Youth Sport Governing Bodies Meeting

Governing Bodies Represented:

- USA Lacrosse
- USA Track & Field
- USA Field Hockey
- MLB Digital Academy
- USA Wrestling

- USA Football
- USA Tennis
- USA Basketball
- USOC
- US Soccer
- USA Hockey
1st Youth Sport Governing Bodies Meeting

- **Background:**
  - No single organization oversees the governance for all of youth sports.

  - Independent governing within each youth sport governing body (GB) exists.
• Purpose:
  • Bring together governing bodies from the major youth sports organizations to develop proficient health and safety recommendations for youth athletes.

• Objective:
  • Discuss various medical conditions and respective best practices, policies and implementation strategies.
1st Youth Sport Governing Bodies Meeting

- Agenda:
  - Heat Illness
  - Concussions
  - Cardiac
  - Emergency Action Plans
- Overview (EBM), White paper discussion
Document Outcomes:

- Call to action youth sport governing support systems and their league leaders
- Educate and inform members of the participating task force youth sports organizations of current best practices

Many of the deaths in youth sports are preventable and it is our goal as a task force to do everything in our power to live up to this statement.
• **Mandate vs Recommendations**
  - Governing bodies experience difficulty mandating policies and are often left to recommend rather than mandate.
  - Reason for difficulty with mandating include:
    - extremely large rates of participation
    - a wide range of ages
    - budgetary restrictions
    - geographic location
    - lack of internal administration
Youth Sport Governing Bodies Meeting

• Purpose:

• Create a roadmap for health and safety policy considerations for youth athletes.
• Call to action youth sport governing support systems and their league leaders
• Educate and inform members of the participating task force youth sports organizations of current best practices