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
- 141 every hour
- 1 every 25 seconds

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

- 37% of athletes

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

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

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 during a game so they could keep playing.

- 62% know someone else who has.

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.

- Only 27% of coaches report a player having hidden or downplayed an injury.

33% of athletes have been injured as the result of dirty play from an opponent.

80% of parents said they would want their child's coach to be certified in injury prevention.

42% of athletes said they have been yelled at by a coach.

- Only 27% of coaches report a player having hidden or downplayed an injury.

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 sports.

Strategies for Smart Play

- Set the ground rules at the beginning of the season. Coach and players must establish rules that prevent injuries.
- Teach athletes how to prevent injuries. Proper technique, strength training, warm-up exercises, and stretching can go a long way to prevent injuries.
- Preventrove injuries. Encourage athletes to take time off from playing only one sport to prevent overuse 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 cause injuries.
- Get certified. Learn first aid, CPR, AED use and injury prevention skills.