

Sport-Related Hospitalizations in Saskatchewan Children 10 Years in Review (2004 – 2013)



Facts About Sport-Related Hospitalizations

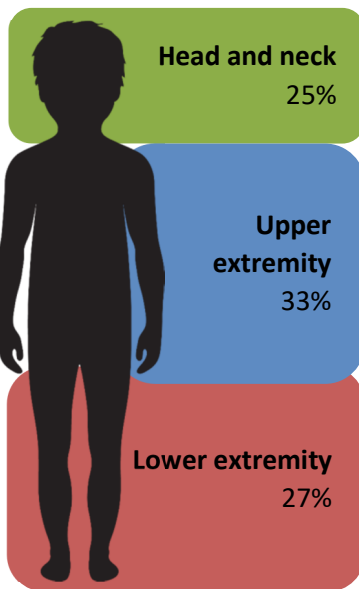
Sport-related injuries are the second leading cause of injury-related hospitalizations for Saskatchewan children and youth under the age of 20.

Between 2004 and 2013, 1,652 children under the age of 20 were hospitalized due to sport-related injuries.¹

Sport-related injuries were the leading cause of hospitalization for children between **10 and 14 years of age**.

In this age group, **80% of the hospitalizations were in males**.

Body Part Injured



For sport-related hospitalizations, the most commonly injured body part was the **upper extremity** (shoulders, arms, and hands), followed by the **lower extremity** (leg and foot), and the **head and neck**. Injuries to other body parts, as well as injuries that were unspecified or unclassified, made up the remaining 15%.

The majority of the **upper** and **lower extremity** injuries that resulted in hospitalization were fractures (96%, 90%).

The majority of **head and neck** injuries that resulted in hospitalization were classified as traumatic brain injuries (77%).

Of the traumatic brain injuries that resulted in hospitalization, **63% were classified as concussions**.

¹ This number only includes the children who were hospitalized due to sport-related injuries. Children who were seen in emergency rooms or medical clinics, and those who did not receive medical treatment, are not included in this number. This number also does not include children injured due to cycling or trampolining.

Preventing Sport-Related Injuries

- Active supervision and proper sporting equipment are vital to reducing the risk of sport-related injuries. Ensure that children are using proper protective gear (e.g., appropriate equipment for the activity, in good working order, fit to the child, worn properly every time).
- Learn the signs and symptoms of a concussion. For more information about concussions, visit <https://cattonline.com/>. When in doubt, children should sit out until they can be assessed by a healthcare professional.
- Ensure that sport surfaces are appropriate to the activity and are well-maintained.
- Remember that rest is an important part of proper training. Rest can help prevent injuries that are due to overuse and fatigue.

Related Resources

- **Active Safe and Central (<https://activesafe.ca>)**
This website from the BC Injury Research and Prevention Unit provides information on **common injuries, risk factors for injuries, and injury prevention**. Importantly, this information is sport-specific and is presented for over 40 sports. This website is based on current and available research evidence from around the world.

- **Skadefri (<http://fittoplay.org>)**
This website provides information on **common sport injuries, risk factors for injuries, and specific exercises for injury prevention**. Similar to activesafe.ca, this website provides specific information for 49 different sports. The provided exercise program progresses through 3 levels with written information and instructional videos provided for each level.

Skadefri also provides this information through the free mobile app, “**Get Set – Train Smarter**”, available from the Google Play or Apple App store. You can navigate the app by sport or by body part injured.

- **Concussion Awareness Training Tool (<https://cattonline.com/>)**
This website provides a series of training modules and resources to educate people about concussions. Specific modules are available for medical professionals, coaches, parents/caregivers, school professionals, and school administrators. All of the modules are free-of-charge.

For more information about sport-related injuries and other top causes of injury-related hospitalizations for Saskatchewan children and youth, please refer to the Saskatchewan Prevention Institute’s report, *Child and youth injury in Saskatchewan 2004-2013* (see www.skprevention.ca, search 4-007).