

A SAFER APPROACH TO SECONDARY SCHOOL SPORTS

Athletic trainers (ATs) are health care professionals who render medical services or treatments, under the direction of a physician, in accordance with their education and training and the states' statutes, rules and regulations.

Athletic trainers in the secondary school provide a unique and unbiased continuum of care for student athletes and serve as a critical link between patients, coaches, teachers, school administration, parents and other health care providers.

ATHLETIC TRAINING SERVICES¹

Some of the medical services that athletic trainers provide include injury prevention, wellness protection, examination, assessment and diagnosis of injuries, therapeutic intervention and health care administration.

BREAKDOWN OF SERVICES

- 1 — 48.8% Preventative Services,
- 2 — 37.2% Care for a Current Injury
- 3 — 13.9% Care for a New Injury.²



RECURRENT INJURY RATES ARE 6X HIGHER IN GIRLS SOCCER AND 3X TIMES HIGHER IN GIRLS BASKETBALL IN SCHOOLS WITHOUT ATHLETIC TRAINERS.⁸

Injury and Illness Prevention and Wellness Protection

ATs promote healthy lifestyles, enhance wellness and reduce the risk of injury and illness.

Examples include:

- Implementing injury prevention programs.
- Developing and rehearsing venue-specific emergency action plans.
- Monitoring weather and environmental conditions.
- Educating on the signs and symptoms of injury, hydration, nutrition, etc.
- Supporting preventative efforts related to smoking, obesity, violence, mental health and substance abuse.



REDUCE YOUR RISK



AVOID INJURY – STAY ACTIVE:

in order for any athlete to be at his or her very best, injury prevention and physical activity must go hand in hand.

Injury prevention is critical because previous injury is **A RISK FACTOR FOR FUTURE INJURY.**⁷



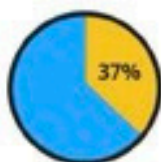
Players with one or more previous injuries have **2 TO 3 TIMES GREATER RISK OF INJURY** compared to those without previous injury.⁷

Approximately **1/4 OF COACHES, ATHLETES AND PARENTS** don't do anything to prevent injuries.⁴³

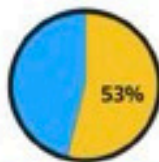


KNOW THE SIGNS AND SYMPTOMS OF INJURIES, AND COMMUNICATE ANY CONCERN YOU HAVE WITH YOUR ATHLETIC TRAINER, COACH, TEACHER OR PARENT.

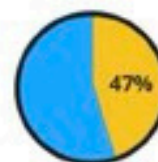
Athletes at secondary schools with proper medical teams that include an athletic trainer **SUSTAIN A LOWER INCIDENCE OF INJURIES** (both acute and recurring) than athletes at schools without athletic trainers. Athletes at secondary schools with athletic trainers **INCUR MORE DIAGNOSED CONCUSSIONS**, demonstrating better identification of these injuries.



ONLY 37 PERCENT OF PUBLIC HIGH SCHOOLS HAVE A FULL-TIME ATHLETIC TRAINER.⁸



53 PERCENT OF COACHES SAY THEY HAVE FELT PRESSURE FROM A PARENT OR PLAYER TO PUT AN ATHLETE BACK INTO A GAME AFTER A CHILD HAS BEEN INJURED.⁴³



ONLY 47 PERCENT OF SCHOOLS HAVE AN ATHLETIC TRAINER PRESENT DURING AFTERNOON PRACTICE.⁹

The American Academy of Pediatrics recommends that **AN ATHLETIC TRAINER SHOULD BE PRESENT AT ALL FOOTBALL GAMES AND PRACTICES.**⁹³

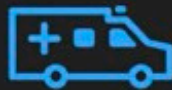


According to the CDC, **MANY SPORTS-RELATED INJURIES ARE PREDICTABLE AND PREVENTABLE.**⁶⁶

A study from the American Academy of Pediatrics showed that the presence of athletic trainers can have a significant positive impact on student athlete health,

RESULTING IN LOWER INJURY RATES, IMPROVED DIAGNOSIS AND RETURN-TO-PLAY DECISIONS FOR INJURIES SUCH AS CONCUSSION AND FEWER RECURRENT INJURIES.⁹³

SPORTS INJURIES



ACCORDING TO THE CDC, THERE ARE AN ESTIMATED
2.6 MILLION EMERGENCY DEPARTMENT VISITS
for injuries related to commonly played sports in children 19 & under each year.¹¹⁹



That's **7,123/DAY, 297/HOUR** or **1 every 5 SECONDS.**



There have been
MORE THAN 300
SPORTS-RELATED FATALITIES
of young athletes
between 2008 and 2015.¹



The secondary school
athletic population

**LEADS THE
NATION**

in athletic-related
deaths.⁶⁰⁻⁶⁵

Among children, those ages
15 to 17 experience the

**HIGHEST RATE OF
EMERGENCY ROOM VISITS**
for sports injuries.¹



62 PERCENT OF ORGANIZED SPORTS-RELATED
INJURIES OCCUR DURING PRACTICE.⁶³³

Sudden cardiac arrest (SCA) is the leading cause of death in exercising young athletes.



WITHOUT APPROPRIATE EMERGENCY PREPARATION AND
RESPONSE, JUST ONE IN 10 U.S. STUDENT ATHLETES WHO
SUFFER SUDDEN CARDIAC ARREST SURVIVES.¹⁶



WHEN PROMPT RECOGNITION, CPR AND EARLY
DEFIBRILLATION WITH AN AED ARE PROVIDED,
SUDDEN CARDIAC ARREST IN STUDENT ATHLETES HAS
A SURVIVAL RATE OF MORE THAN 80 PERCENT.¹⁸

Two-thirds of
young athletes show
up for practice
SIGNIFICANTLY DEHYDRATED.²⁰



Exertional heat stroke can be
prevented, and it has proven
TO BE 100 PERCENT SURVIVABLE
when immediately recognized
and aggressively cooled on site.²²

54 percent of athletes said
they have played while injured.

When asked why, they said:

- "I WAS NEEDED AND COULDN'T LET THE TEAM DOWN."
- "I DIDN'T WANT TO BE BENCHED."
- "IT WAS AN IMPORTANT GAME."⁴³



EVERY THREE MINUTES A CHILD IS SEEN IN AN EMERGENCY
DEPARTMENT FOR A SPORTS-RELATED CONCUSSION.⁴

Prevention of injury is critical
because previous injury is a
risk factor for future injury.

PLAYERS WITH ONE OR MORE PREVIOUS INJURIES HAVE
TWO TO THREE TIMES GREATER RISK OF INJURY
COMPARED TO THOSE WITHOUT PREVIOUS INJURY.²

Among high school athletes, concussion
RATES HAVE STEADILY INCREASED
in the past decade.²⁷

90 PERCENT of athletes said they have
been injured while playing a sport.⁴³

BENEFITS OF PARTICIPATING IN HIGH SCHOOL & YOUTH SPORTS



MORE THAN 54 MILLION young athletes participate in youth and high school sports.^{1,2}

High school students who play sports are **LESS LIKELY TO DROP OUT.**⁷¹



Former student athletes tend to earn **SIGNIFICANTLY HIGHER INCOMES** than those who did not play sports.⁷³

Physically active children are **15% MORE LIKELY TO ATTEND COLLEGE.**⁸³



Children who participate in sports, compared to peers who do not play sports, exhibit:⁷⁶



GREATER PERSONAL CONFIDENCE AND SELF-ESTEEM



GREATER CONNECTIONS AT SCHOOL



STRONGER PEER RELATIONSHIPS



GREATER INVOLVEMENT IN VOLUNTEER WORK



GREATER FAMILY ATTACHMENT AND MORE FREQUENT INTERACTIONS WITH PARENTS

Sports participants are more likely **TO VOLUNTEER IN THEIR COMMUNITY, REGISTER TO VOTE AND FOLLOW THE NEWS.**⁹²



Physical activity can enhance your child's **SELF-PERCEPTIONS OF BODY, COMPETENCE AND SELF-WORTH.**⁸⁰

Physically active children:

- ARE **LESS LIKELY TO BE OBESE**
- HAVE **UP TO 40 PERCENT HIGHER TEST SCORES**
- ARE **LESS LIKELY TO ENGAGE IN RISKY SEX AND BECOME PREGNANT**
- HAVE **7 TO 8 PERCENT HIGHER ANNUAL EARNINGS**
- HAVE **LOWER HEALTH CARE COSTS**
- ARE **MORE PRODUCTIVE AT WORK**
- HAVE **REDUCED RISK OF HEART DISEASE, STROKE, CANCER AND DIABETES.**⁸³



TEENS WHO PARTICIPATE IN TEAM SPORTS ARE LESS LIKELY TO USE DRUGS, SMOKE CIGARETTES AND CARRY WEAPONS.⁶⁹

For a list of full references, visit atyourownrisk.org.

AT RISK YOUR OWN

NATA
NATIONAL ATHLETIC TRAINING ASSOCIATION
ADVANCE YOUR CARE. IMPROVE YOUR TEAM.