

SPORTS SAFETY



IN AUSTRALIA almost half of the young people aged 12-24 who are hospitalised, were injured while engaged in sport or leisure activities.



Australian Institute of Health and Welfare (2008). "Injury among young Australians"; Bulletin 60.

CAUSES OF SPORTS INJURY HOSPITALISATION

BY TYPE OF SPORT

- AUSTRALIAN RULES FOOTBALL
- SOCCER
- CYCLING
- FOOTBALL [OTHER & UNSPECIFIED]
- WHEELED MOTORSPORTS
- WATER SPORTS
- RUGBY [UNSPECIFIED]
- ROLLER SPORTS
- EQUESTRIAN ACTIVITIES
- BASKETBALL



Australian Institute of Health & Welfare: Kreisfeld, R., Harrison, J.E. & Pointers, S. (2014). Australian Sports Injury Hospitalisations 2011-2012. Injury Research Statistics Series No. 92. Cat No. INJCAT 168, Canberra, AIHW.

INJURY RATES

Rates of sports injury in **males** IS 3X THAT OF **females**



Finch, C.F., Mitchell, R. & Boufous, S. (2011). "Trends in hospitalised sport/leisure injuries in NSW, Australia - implications for the targeting of population focused preventive sports medicine efforts", Journal of Science and Medicine in Sport, Vol. 14(1): 15-21.

IS YOUR CLUB A SAFE CLUB?

SafeClub is an award winning risk management program designed specifically for administrators, officials or representatives of community sports clubs.

SafeClub supports your club by showing you how to identify, assess and manage your specific safety issues in an easy and straightforward way.

Find out more at www.youthsafe.org.



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TIPS

Enforce a 'no helmet - no play' rule when your young person goes out to ride or skate.

Make safety a standing item at your sports club's committee meetings can improve safety for participants, officials, spectators and volunteers.

youthsafe

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Youthsafe partners to prevent unintentional injury of young people.

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