



AT YOUR OWN RISK: A SAFER APPROACH TO WORK LIFE AND SPORT QUICK FACTS ON STUDENT ATHLETE SAFETY

At Your Own Risk is a public awareness campaign sponsored by the National Athletic Trainers' Association designed to educate, provide resources and equip the public to act and advocate for safety in work, life and sport. In an effort to provide comprehensive information, the association has launched a website, AtYourOwnRisk.org that provides recommendations on keeping student athletes and communities active and employees safe on the job.

AtYourOwnRisk.org offers:

- Important information on safety for student athletes, parents, school administrators, legislators and employers, the benefits of sports and physical activity, and how athletic trainers can play a substantial role in mitigating risk.
- An interactive map – users may view all 50 states' sports safety information including: detailed information about recommended sports safety policy implementation, percentage of schools with a full time athletic trainer, number of Safe Sports School Awards and athletic trainer licensure/regulation status.
- Interactive quizzes for parents, student athletes, administrators and legislators to test their knowledge of sports and safety protocols, along with information on how to reduce risk.
- An opportunity to share personal stories on how a policy, procedure or athletic trainer improved safety, saved a life or made a substantial difference in school or the community.
- Information on sports safety legislation and how to support related bills.

Key statistics:

- In 2013 there were an estimated 1.24 million emergency department visits for injuries related to commonly played sports in children 19 and under.
- There have been more than 300 sport-related fatalities of young athletes between 2008 and 2015.
- The secondary school athletic population leads the nation in athletic-related deaths.
- Among children, those ages 15 to 17 experience the highest rate of emergency room visits.
- 62 percent of organized sports-related injuries occur during practice.
- More than 7.8 million high school athletes participate in youth sports today.
- In 2014-2015, 59.2 percent of injuries reported to an athletic trainer by high school athletes were sustained in competition; the remainder occurred during practice.
- In 2015 alone, 50 high school athletes' lives were lost during sport or physical activity while thousands of others have long-term complications resulting from athletic injuries.

Call to action:

- Take the interactive quiz to assess your risk and test your knowledge of basic safety protocol.
- School administrators should apply for the Safe Sports School Award that recognizes schools that have implemented best practices to prevent injury and promote a culture of safe play.
- Parents should educate themselves on youth sports safety protocols and work with school sports medicine teams, and specifically athletic trainers, to reduce risk for their child, as well as encourage and support legislators that do the same.
- School administrators need to work hand-in-hand with school sports medicine teams, and specifically athletic trainers, to develop a proactive plan (i.e. emergency action plan) to reduce risk on and off the field.
- Students should report injuries as they happen to athletic trainers or other members of the sports medicine team.
- Parents, administrators and legislators should ensure that young athletes have access to health care professionals who are qualified to make assessments and decisions.
- Parents and school administrators should contact federal legislators to support national sports safety and physical activity resolutions.

For resources and specific recommendations for student athlete safety, visit www.AtYourOwnRisk.org.