

# Facts for Policymakers

Injuries are a part of the game, but preventable injuries can steal a child's dreams and cause the athlete to quit.

- 7 in 8 athletes is aged 14 and under and 84.9% of injuries
- 70% of children quit sports before age 13
- 50% or more of all sports injuries are **preventable (CDC)**
- The long-term health of an individual is negatively affected when they **don't** experience physical activity through recreation at an early age
- Some preventable injuries have life-long health affects
- Parental awareness and trained coaches are the best interventions for preventing youth sports injuries and retention
- When injuries do happen, the effects are lessened when access to sports medicine and pediatric specialty care is available in a timely manner

