PLAY IT SAFE

When it comes to sports and physical activities, are you concerned about the safety of your children? Here are the sports and activities that lead to the highest number of injuries in kids.

FSP The Family Security Plan®

0-4 YEARS

What are the top activities causing injuries in young children?

For children aged 0-4, playground equipment leads the list with 49,233 injuries. Trampolines and swimming-related activities also contribute significantly to injury rates in this age group, emphasizing the need for close supervision.

Top 5 activities causing the most injuries in children under 4:

- **Playground equipment:** 49,233 injuries
- **Trampolines:** 25,516 injuries
- **Swimming, pools, equipment:** 20,254 injuries
- **Bicycles & accessories:** 13,312 injuries
- **Exercise equipment:** 7,750 injuries

How can parents keep younger children safe?

Supervision is key, especially with activities like playgrounds and swimming. Parents should always stay close when children are playing or swimming, as accidents can happen quickly. For trampolines, experts recommend keeping children under 6 off them entirely to prevent damage to their developing bodies.

SOURCES: https://www.fox13news.com/news/top-sports-injuries-children

5-14 YEARS

What are the most dangerous activities for kids aged 5-14?

For kids between the ages of 5 and 14, football tops the list with 140,877 injuries. Playground equipment, basketball, and soccer also rank high, highlighting the risks associated with popular team sports.

Top 5 activities causing the most injuries in kids aged 5-14:

- **Football:** 140,877 injuries
- **Playground equipment:** 125,692 injuries
- **Basketball:** 114,123 injuries
- **Soccer:** 101,072 injuries
- **Bicycles & accessories:** 92,776 injuries

How can parents reduce risks in sports?

In team sports like football and soccer, proper equipment, hydration, and regular breaks are essential to prevent injuries. Children should wear helmets for football and cycling, as well as protective gear like shin guards and shoulder pads for soccer and football. Warming up and stretching before playing can also help prevent strains and injuries.

15-24 YEARS

Which activities pose the most risk for teens and young adults?

For the 15-24 age group, basketball is the top injury-causing activity, responsible for 149,816 injuries. Football, exercise equipment, and ATVs or mopeds are also common causes of injuries.

Top 5 activities causing the most injuries in teens and young adults aged 15-24:

- **Basketball:** 149,816 injuries
- **Football:** 101,796 injuries
- **Exercise equipment:** 95,671 injuries
- **ATVs, mopeds, minibikes:** 76,485 injuries
- **Soccer:** 75,978 injuries

What should older kids know to stay safe?

For older kids and teens, proper technique when using exercise equipment is crucial. Teens should also understand the importance of first aid, such as knowing how to identify a concussion or put someone in the recovery position. Teaching teens about balancing nutrition, rest, and workouts to build a healthy fitness routine can help prevent accidents.

DON'T WAIT FOR AN ACCIDENT TO HAPPEN! FIND OUT HOW THE FAMILY SECURITY PLAN® ACCIDENT INSURANCE CAN HELP! CALL (855) 789-4976 TODAY!