



Are your children adventurous and athletic in the winter?

Did you know ...

- In 2014, more than 23,000 kids ages 5 to 14 were treated in emergency rooms for injuries resulting from playing hockey, snowboarding, ice skating, and snowmobiling.¹
- More than 2.6 million children ages 19 and under are seen in emergency departments for injuries related to sports and recreation each year.²

Sports Participation & Injuries, U.S. (2014)¹

Sport/Activity	# of Injuries	Percentage of Injuries by Age (%)		
		Younger than 5	5-14	15-24
Baseball	130,376	2.9	49.4	19.1
Basketball	522,817	0.4	34.3	47
Bicycle riding	502,104	4.5	33.8	17.2
Cheerleading	35,894	0.2	49.7	48.5
Football	396,457	0.4	50.6	40
Gymnastics	34,550	1.8	75.9	19.8
Horseback riding	50,688	1	20.4	23
Ice hockey	17,627	0.1	36.9	42
Ice skating	20,127	1.5	45.7	19.5
Roller skating	66,601	1.1	56.4	11.3
Skateboarding	119,760	0.8	34	49.7
Snowboarding	31,847	0.4	23.2	51.3
Soccer	239,943	1.1	43.7	38.8
Softball	95,465	0.1	31.4	33.1
Volleyball	52,548	0.1	36	41.9
Weight lifting	100,904	2.5	7.7	32.8
Wrestling	39,700	0	41.8	53.3

¹ National Safety Council - Injury Facts, 2016.

² SafeKids Worldwide Sports and Recreation Fact Sheet. 2015.



Safety & Health Tips from the National Safety Council & Safe Kids Worldwide

Sports³...

Set aside time before playing to warm up, as stretching before practice and games can help prevent injuries. Remember to hydrate – always bring a water bottle and drink plenty of water before, during and after play. Protective equipment should fit comfortably and be in good condition, such as supportive hockey or ice skates; a helmet with a full facemask and chin strap; shoulder, elbow, knee and shin pads; gloves; and a mouth guard. Play in spacious areas free of debris and on ice that you're sure is strong, without holes or cracks.

Sledding & Tobogganing⁴...

Equipment should be in good condition, free of broken parts, sharp edges, and cracks. Sled on spacious, gently sloping hills with a level run-off at the end so the sled can safely stop, and make sure the area is free of large trees, fences, poles and rocks. Never sled on or around frozen lakes, streams or ponds because the ice may be unstable. Riders should sit or lay on their back with feet pointing downhill – sledding head first increases the chances of injuries.

Skiing & Snowboarding⁵...

It's best to be in good physical condition before attempting a strenuous sport such as skiing or snowboarding. Beginners should get proper instruction from a certified instructor before hitting the slopes, especially to learn basic skills like falling and getting back up. Always check weather conditions and never ski or snowboard alone. When going downhill, always give the right-of-way to skiers and snowboards below, following all posted signs and rules. Avoid closed trails and out-of-bound areas, which are not monitored.

Tips and recommendations are believed to be reliable. LifeSecure makes no guarantee as to, and assumes no responsibility for, the correctness, sufficiency, or completeness of such information.

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³ SafeKids Worldwide, "Sports Safety Tips," www.safekids.org. January 2017.

⁴ National Safety Council, "Slippery Slope: Sledding can be Dangerous Without Proper Precautions," www.nsc.org. January 2017.

⁵ National Safety Council, "When it Comes to Skiing, Don't Take a Crash Course," www.nsc.org. January 2017.