



Are you and your children adventurous and athletic?

- In 2015, bicycle riding and basketball injuries each resulted in more than half a million emergency room visits.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. (2015)¹

Sport/Activity	# of Injuries	Percentage of Injuries by Age (%)			
		5-14	15-24	25-64	65 and older
Baseball	120,234	50.9%	28.2%	16.9%	1.3%
Basketball	493,011	35.1%	45.8%	18.6%	0.2%
Bicycle riding	488,123	30.3%	18.0%	40.1%	7.5%
Biking-mountain	9,011	5.0%	17.6%	73.8%	3.4%
Cheerleading	40,843	56.0%	42.8%	1.0%	0.0%
Gymnastics	35,063	78.9%	14.3%	4.8%	0.0%
Horseback riding	56,727	16.3%	25.4%	49.5%	7.5%
Ice hockey	19,283	32.7%	39.3%	25.9%	1.9%
Ice skating	21,701	43.5%	27.2%	26.0%	2.0%
Roller skating	57,192	53.5%	15.3%	29.3%	1.3%
Skateboarding	125,145	32.4%	50.6%	15.9%	0.2%
Snowboarding	25,452	24.7%	52.5%	22.1%	0.5%
Soccer	227,732	45.7%	37.3%	15.9%	0.2%
Softball	95,285	32.9%	31.5%	34.0%	1.4%
Volleyball	57,067	33.8%	44.6%	20.0%	1.2%
Weight lifting	107,655	8.3%	32.4%	52.5%	3.9%
Wrestling	39,775	38.9%	54.4%	6.7%	0.0%

¹ National Safety Council - Injury Facts, 2017.

² SafeKids Worldwide Sports and Recreation Fact Sheet. 2015.



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

Bike Riding³...

When biking, make sure you and your children wear properly fitted helmets. Wearing a helmet can reduce the risk of a head injury by 60 percent. Get acquainted with traffic laws; cyclists must follow the same rules as motorists. Ride single-file in the direction of traffic, and watch for opening car doors and other hazards. Use hand signals when turning and use extra care at intersections.

Fall surfaces should be made of wood chips, mulch, wood fibers, sand, pea gravel, shredded tires or rubber mats and should be at least 12 inches deep. Beware of hardware and sharp edges (bolts, hooks, rungs, etc.) that are capable of cutting a child or catching strings or items of clothing. To avoid entrapment, there should be no openings that measure between 3 ½ and 9 inches. Watch for trip hazards, like rocks or tree stumps. Young children should always have adult supervision.

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.

Swimming⁴...

Stay close, be attentive, and watch your children when they are in or near water. Never leave a child unattended around a pool, spa or open water. Learn to swim and teach your child how to swim. Teach children basic water safety tips, like staying away from pool drains, pipes, and other openings to avoid entrapments. Learn to perform CPR on children and adults and update those skills regularly.

Sports⁶...

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 batting and catcher's helmets with a facemask; a full-length chest protector and shin guards; proper supportive footwear; and mouth guards. Play in spacious areas free of holes or debris.

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³ National Safety Council, "Live to Ride Another Day," www.nsc.org. January 2017.

⁴ National Safety Council, "Protect Children Around Water - All the Time," www.nsc.org. January 2017.

⁵ National Safety Council, "Landing Lightly: Playgrounds Don't Have to Hurt," www.nsc.org. January 2017.

⁶ SafeKids Worldwide, "Sports Safety Tips," www.safekids.org. January 2017.