

MIND YOUR BRAIN

Because It Matters

Concussion = Brain Injury

For more information about sports and concussion, visit:

www.byyourside.org



RECREATIONAL ACTIVITIES

Sports and recreational activities contribute to approximately 21% of all traumatic brain injuries among children and adolescents in the U.S. Fatalities from sports rarely occur, but the leading cause of death from sport-related injuries is Traumatic Brain Injury (TBI).

TBI is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. TBI can cause a wide range of short or long-term functional changes affecting thinking, language, learning, emotions, behavior and/or sensation.

- Every year 3.5 million children aged 14 and under receive medical treatment for sports related injuries.
- Approximately 2 out of 5 traumatic brain injuries among children are associated with participation in sports and recreational activities.
- Children ages 5-14 account for 40% of all sports-related injuries treated in hospital emergency departments.

Memory loss, difficulty with judgment and recognition of limitations, anxiety and/or depression, loss of social networking, feelings of isolation, slowness or difficulty with speech, decreased physical coordination, decreased anger management, decreased safety awareness, difficulty initiating, planning and completing tasks can be some of the consequences of TBI.

Children who do not wear or use protective equipment are at greater risk of sustaining sports-related injuries. Discard or replace any equipment if it has been damaged. Routine checks should be performed of frequently used items.

Helmets should always be used for the following activities: Baseball and Softball, Cycling, Football, Hockey, Horseback Riding, Powered Recreational Vehicles, Skateboards/Scooters, Skiing and Wrestling.

RECREATIONAL SAFETY TIPS

Playgrounds

- ✓ Adult supervision should be present at all times.
- ✓ Make sure the equipment is sturdy and not worn.
- ✓ Avoid play areas that are on hard tops.

Pools/Bodies of water

- ✓ Swim with a buddy.
- ✓ Never dive into shallow water or water you have not been in before.

ATV's/Scooters/Mini-bikes, etc.

- ✓ Wear protective gear.
- ✓ Obey weight limits and passenger capacity.
- ✓ Adult supervision is suggested for those under 16.
- ✓ Obey traffic signs.

Resources: CDC, Neurosurgery Today.org, American Association Neurological Surgeons, Safekids.org, Nemours/kids health.org



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Helpline: 800-992-3442