



## THE FACTS ABOUT CONCUSSIONS IN YOUTH SPORT

A great deal of information has been spreading lately in the sports world about the dangers of concussion injuries in high impact sports such as football, but do you have all the facts?

- Less than 10% of All Youth Sports related injuries Admitted to the Emergency Department, are concussion related.
- The most commonly reported injuries in youth football are fractures, sprains, strains, and contusions.

The top 5 sports with the highest rate of Concussive Injury are listed in order

- Rugby (4.18 Injuries per 1000 Athletic Hours)
- Hockey (1.20 Injuries per 1000 Athletic Hours)
- Football (0.53 Injuries per 1000 Athletic Hours)
- Lacrosse (0.25 Injuries per 1000 Athletic Hours)
- Soccer (0.24 Injuries per 1000 Athletic Hours)

Based upon a University of Calgary Study, "The Incidence of Concussion in Youth Sports," Published December 1st 2015



## FOR THEIR SAFETY

### ○ REFEREE'S & EMS

ALL PLAYERS HAVE ACCESS TO ONSITE EMS AND 3 REFEREES ENSURE SAFE PLAY.

### ○ TOP GRADE HELMETS

OUR HELMETS ARE CONSTANTLY MONITORED FOR SAFE USE, AND RECERTIFIED AND REPLACED WHEN NECESSARY

### ○ SHOULDER, BACK AND CHEST PROTECTION

UPPER BODY PADS PROTECT THE CHILDREN FROM ANY BIG HITS OR FALLS

### ○ HIP AND BACK GIRDLE

PROTECTING THEIR MID SECTION

### ○ THIGH PADS

PROTECTS THE CHILDREN FROM FRONT END HITS

### ○ KNEE PADS

PROTECTS THE KNEES FROM COLLISIONS AND GROUND IMPACT

### ○ SAFE FIELD CONDITIONS

ALL GAMES ARE ONLY PLAYED WHEN FIELD CONDITIONS ARE IDEAL FOR THEIR SAFETY.

**REGISTRATION  
CLOSES  
JULY 15TH**

**REGISTER ONLINE**

Call for more Details 905-536-0496

<http://burlingtonstampeders.com/fallhouse-league-registration-now-open/>

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