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The school of Alberta Ballet  
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BC Injury Research and Prevention Unit  
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## Contact us

[siprc@ucalgary.ca](mailto:siprc@ucalgary.ca)  
403.220.5332

[ucalgary.ca/siprc](http://ucalgary.ca/siprc)

 @SIPRC\_  
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 siprc



**UNIVERSITY OF CALGARY**  
FACULTY OF KINESIOLOGY  
Sport Injury Prevention Research Centre

# Injury prevention in youth sport and recreation

SIPRC is one of eleven International Research Centres for the Prevention of Injury and Protection of Athlete Health supported by the International Olympic Committee.





## About us

The University of Calgary's **Sport Injury Prevention Research Centre (SIPRC)**, in the Faculty of Kinesiology, is one of eleven international research centres supported by the International Olympic Committee for the prevention of injury and protection of athlete health.

SIPRC is a multidisciplinary team of researchers, clinicians, students and staff who strive to support lifelong physical activity through the prevention of injuries.

The SIPRC team seeks to understand the nature of sport and recreational injuries; identify risk factors that may cause or contribute to injuries; and design, implement and evaluate injury prevention strategies.

## Making an impact

### Preventing injuries

In 2013, SIPRC research informed Hockey Canada's decision to disallow body checking among PeeWee (11-12 years) players. Nationwide, this policy change **prevented over 5,000 concussions** among PeeWee players in a single season. Subsequent policy changes locally and provincially disallowing body checking in lower levels of Bantam and Midget (ages 13-17) have also been informed by research at the SIPRC. SIPRC developed, implemented and evaluated a neuromuscular training warm-up program in youth soccer, **reducing soccer-related injuries by 40%**.

### Reducing health care costs

Participation in a neuromuscular training warm-up program substantially decreased injuries in youth soccer players, saving **\$4.2 million in health care costs annually in Alberta**.

## Know the facts



Injuries in youth sport and recreation are predictable and preventable. More than one in three youth are expected to seek medical attention for a sport or recreation injury this year. Lower extremity injuries, including knee and ankle joint injuries, account for over 60% of all youth sport and recreational injuries. Concussions account for over 20% of all youth sport and recreational injuries. The physical, psychological, social and emotional benefits of sport and recreation are immense.

Consequences of injury in youth include a reduction in levels of physical activity and post-traumatic osteoarthritis. **Participation in sport is the leading cause of injury in youth.**

Ongoing rehabilitation research to reduce the consequences of youth sport injury includes projects focused on concussion and youth knee and ankle joint injury. With your help, the SIPRC can support active living for youth through the prevention of injuries and their consequences.

## SHRED Injuries

Surveillance in High Schools to REDuce Injuries will increase the public health impact of SIPRC research. SHRED Injuries will continue to optimize the implementation and evaluation of injury prevention and rehabilitation strategies in school and community settings.

