

## WHAT IS INJURY PREVENTION?

### What is this about?

Across the UK millions of young people, supported by skilful and passionate PE teachers and coaches, engage in activity, be it just for participation purposes for health and fun, or on performance pathways to progressively improve to deliver improved performance.

Participation in sport-related activity has associated risks that can result in a range of injuries, which can negatively impact the freedom of young people to engage with and develop through sport.

Some of the risks in sporting activity are random, unforeseeable and are very difficult to prevent. Many of the other types of risks are foreseeable and modifiable and therefore provide us with the opportunity to act and reduce these risks where possible so as to preserve the liberty of young people to engage with sport.

### Why does it matter?

Identifying foreseeable and modifiable risks related to activity and sport and reducing these as much as possible reduces the incidence, severity and incidence of some sport related injuries and their negative impact on the enjoyment of sport.

The successful implementation of basic but effective prevention strategies that will help liberate the lifelong freedom for young people to express themselves through the world of sport and to show that the school and club care enough about young people being active to do this.

## FIVE KEY TAKEAWAYS

# 1

Be clear on your definitions of sport, sporting injury and recurrent injury and that injury is a lived emotional experience and not just a physical event

# 2

The balance of the current evidence strongly suggests that being active and engaging in sport has short- and long-term health benefits for young people.

# 3

Develop and implement a strategy to begin to understand who might be at risk of injury, the causes of injury, the incidence, severity, and the impact of injury.

# 4

The adolescent 'athlete' faces some unique challenges related to the risk of injury. An awareness of the risks and interventions to reduce the modifiable risks can reduce the likelihood of sustaining certain injuries.

# 5

The adolescent engaging in activity and sport faces unique challenges related to the impact of growth related adaptation on physical, psychological, emotional and social factors