



TKC 77
Korey Stringer Institute

University of Connecticut
Preventing sudden death in sport



A Collaborative Approach to Safety

Progress Report from the
Youth Sport Governing Bodies Meeting



Youth Epidemiological Data

- Youth Sport Sudden Death Epidemiological Data
 - Little to no data resources available
 - Due to lack of reporting structure, administrative reporting lines, and medical oversight which necessitates reporting for documentation purposes.
- Participation rates for kids 6-12 are ~30 million
 - ER Reports ~39% of life threatening injuries are sport related (mannix)



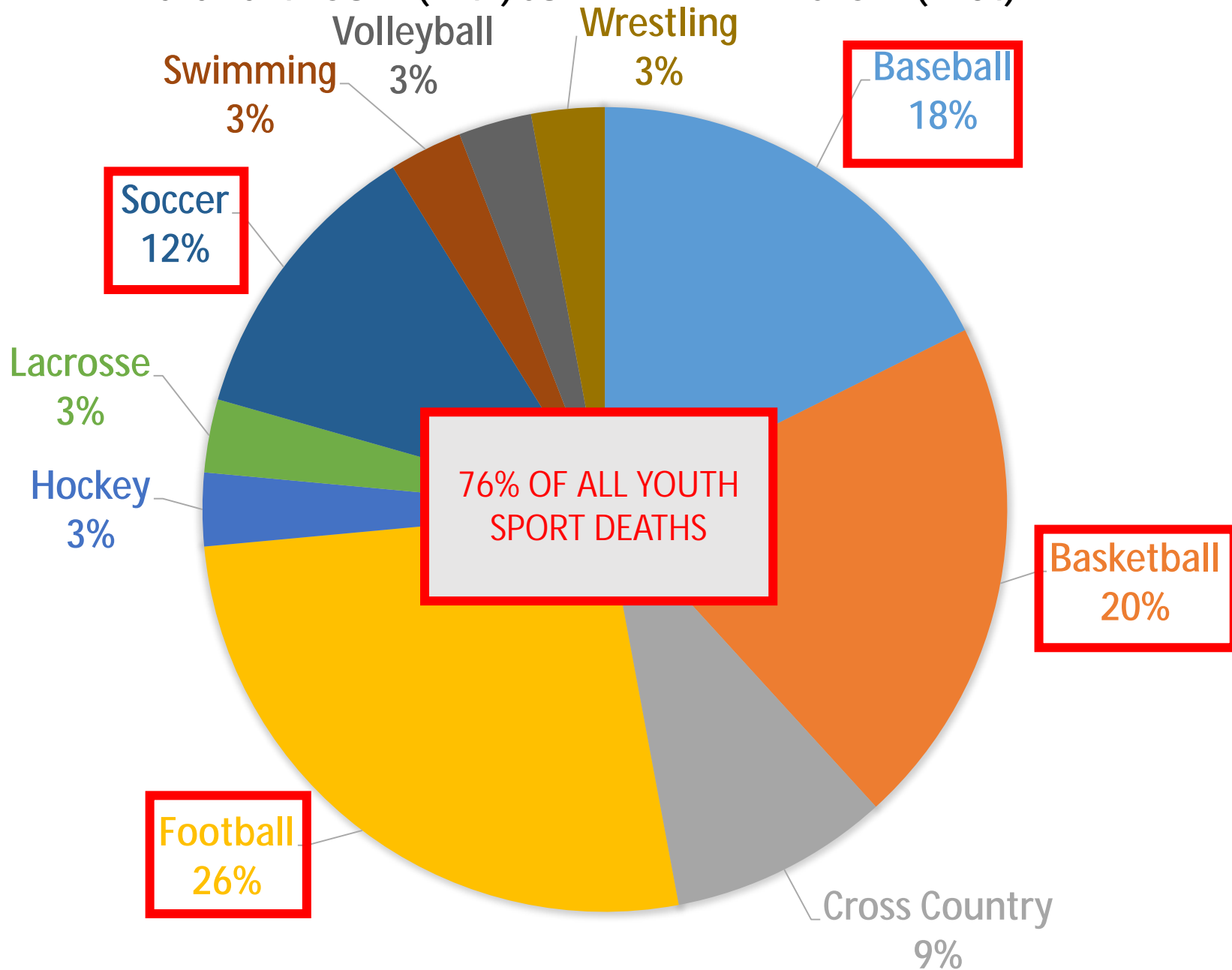
KSI Sudden Death Registry: Youth Data

From 2010-2014 we have detailed information on 34 deaths

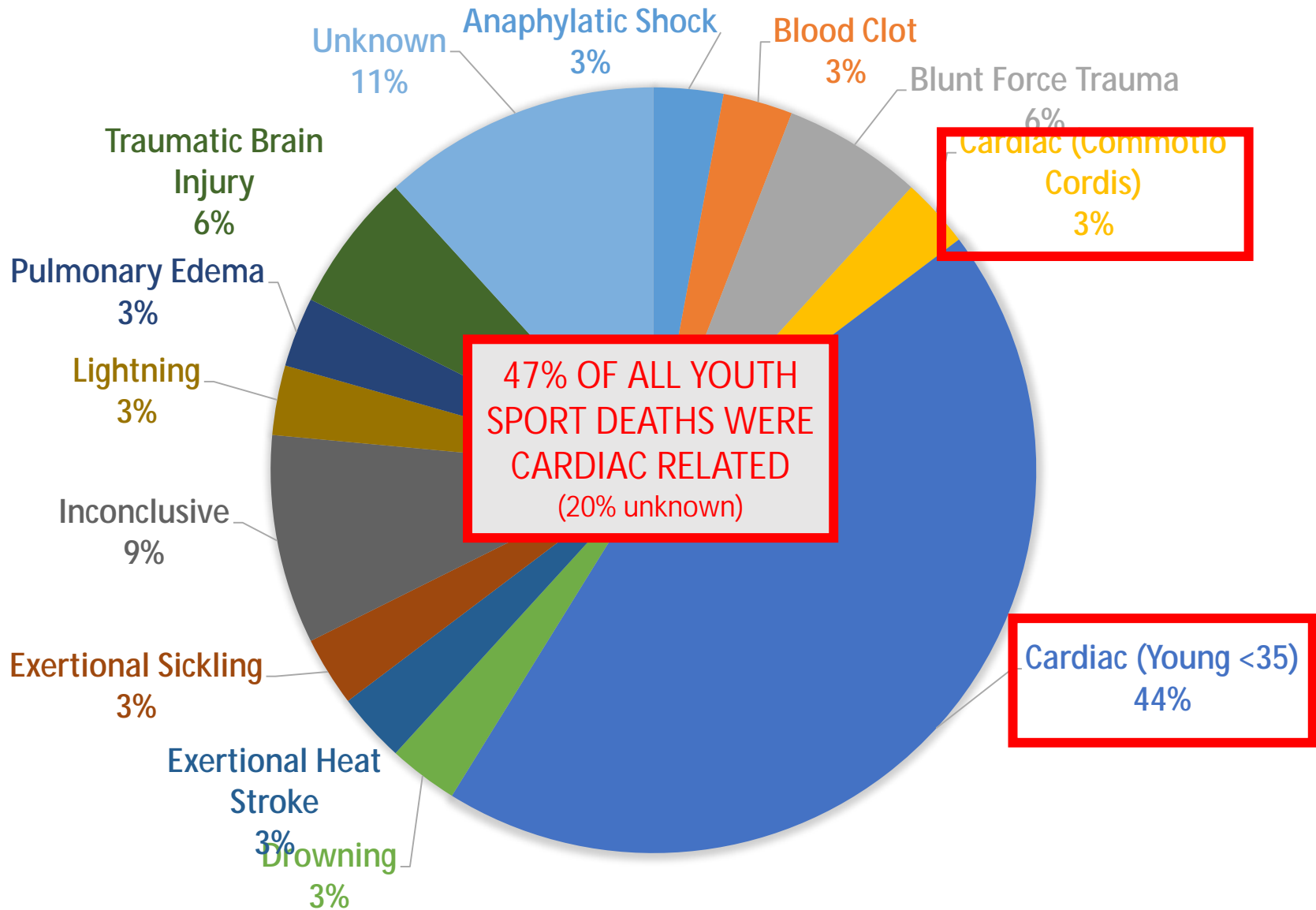
- Ages
 - 8-14y
- Gender:
 - 30 male
 - 4 female
- Nationality:
 - 19 Caucasian
 - 10 African American
 - 3 Hispanic
 - 1 Asian American
 - 1 Unknown
- Level of Competition
 - 8 High School Team
 - 18 Middle School Team
 - 5 Recreation League
 - 3 Youth Sports League



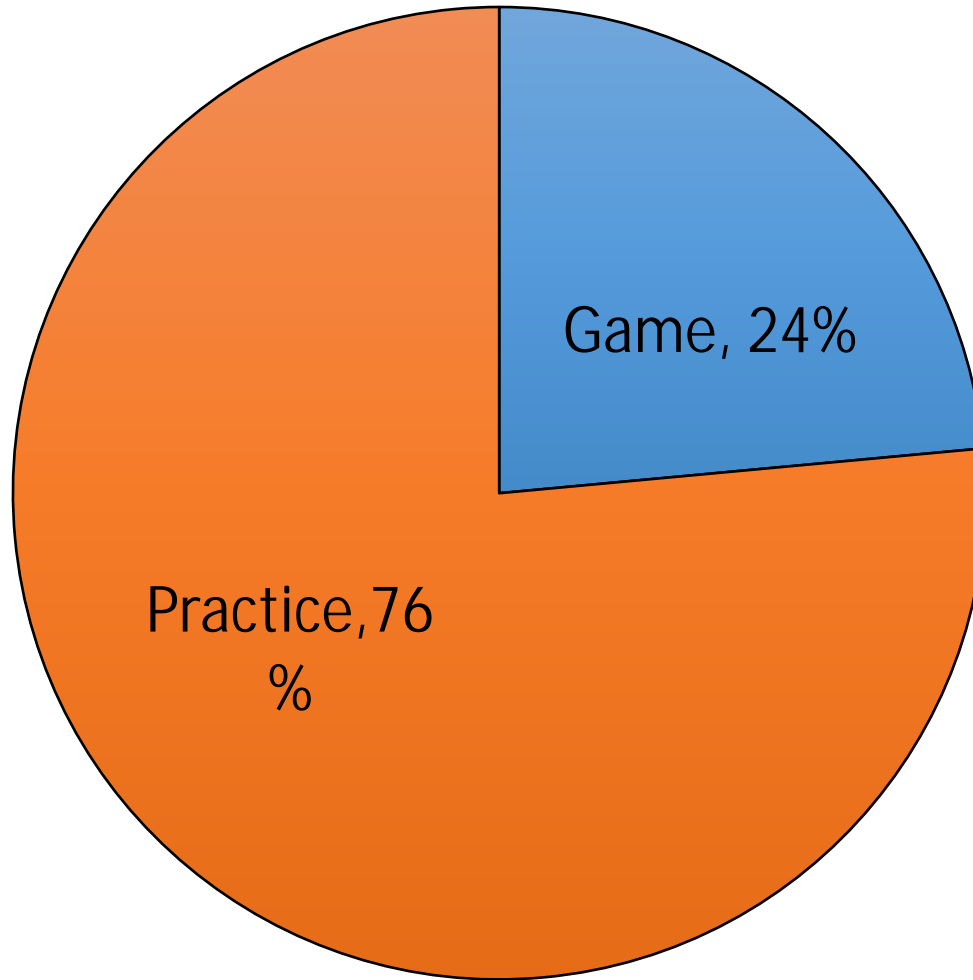
2010-2014 YOUTH (<14Y) SUDDEN DEATH BY SPORT (N=34)



2010-2014 YOUTH (<14Y) SUDDEN DEATH BY CAUSE (N=34)



TYPE OF ACTIVITY



Schwartz: Requiring Use Of Certified Athletic Trainers Key To Protecting Our Young Athletes

January 14, 2016 3:43 PM

Filed Under: JAG Physical Therapy, John Gallucci Jr., Peter Schwartz, youth sports

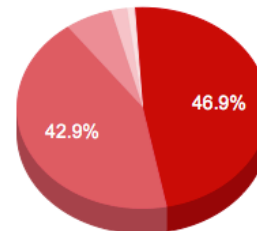
Having certified athletic trainers at youth sports events makes all the sense in the world. There isn't a physician who would ever oppose having a licensed professional on the field. There isn't a parent who wouldn't want their child to have the best possible care. And there isn't a coach who wouldn't want to have that responsibility on his or her plate.

Are youth sports worth it? Full results of Lehigh Valley poll

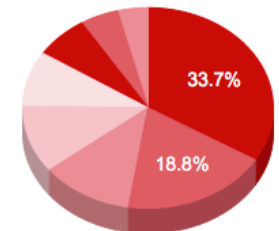
JANUARY 5, 2016, 5:08 PM



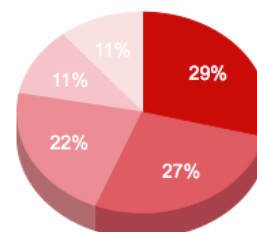
What is the effect of youth sports on young people?



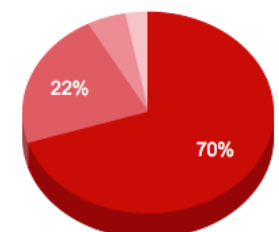
What is the primary reason youth sports have a positive effect?



What is the primary reason youth sports have a negative effect?



What best describes how risks of sports-related concussions affect your view of high school football?



US Soccer Recognize to Recover

- All coaches should be instructed to teach and emphasize the proper techniques for heading the ball.
- If a player has a suspected concussion, the player may now be evaluated without penalty (substitution rules).
- Licensed coaches and referees hired through U.S. Soccer have to watch a video to review concussion information and protocols on a yearly basis.
- U.S Soccer will now require an Athletic Trainer (AT) to be present at all U.S. Soccer Development Academy home games (was only recommended in the past).
- In youth tournaments, it is recommended that multiple healthcare providers be employed and be in collaboration with each other on the emergency action plan.
- SCAT3 and Modified BESS testing will be used on the sideline for all concussion evaluations.





A Brief Youth Sport Safety Timeline

- 2009 NATA convened the Youth Sport Safety Alliance
- 2012 NATA releases position statement on sudden death in sport
- 2013 Inter-association task force document on sudden death in sport for secondary school level
- January 2015 KSI organized first Youth Sport Governing Bodies meeting
 - Reconvened in January 2016 for year 2





1st Youth Sport Governing Bodies Meeting

Governing Bodies Represented:

- USA Lacrosse
- USA Track & Field
- USA Field Hockey
- MLB Digital Academy
- USA Wrestling
- USA Football
- USA Tennis
- USA Basketball
- USOC
- US Soccer
- USA Hockey





1st Youth Sport Governing Bodies Meeting

- Background:
 - No single organization oversees the governance for all of youth sports.
 - Independent governing within each youth sport governing body (GB) exists.



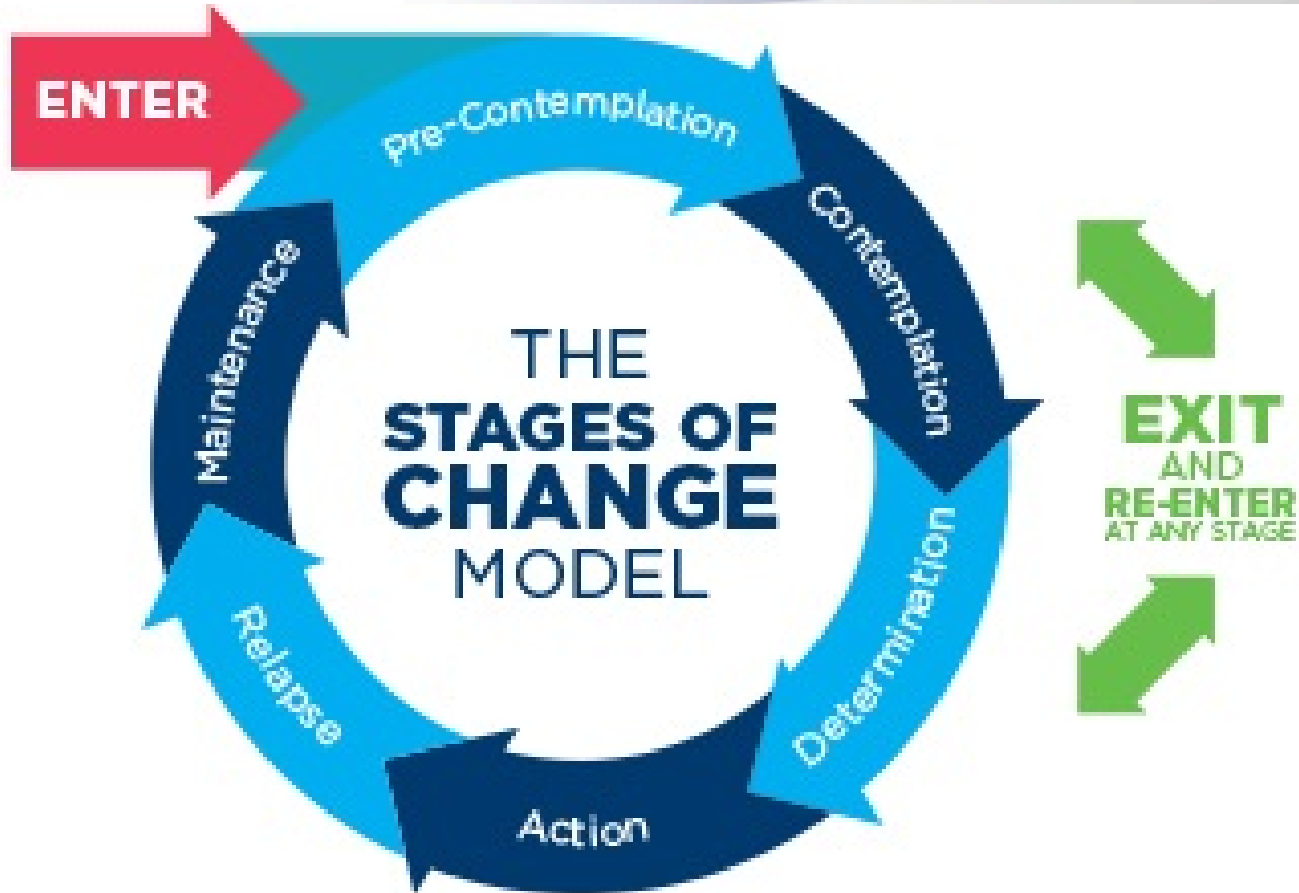


1st Youth Sport Governing Bodies Meeting

- Purpose:
 - Bring together governing bodies from the major youth sport organizations to develop proficient health and safety recommendations for youth athletes.
- Objective:
 - Discuss various medical conditions and respective best practices, policies and implementation strategies



Stages of Change



1st Youth Sport Governing Bodies Meeting

- Agenda:
 - Heat Illness
 - Concussions
 - Cardiac
 - Emergency Action Plans
- Overview (EBM), White paper discussion





2nd Youth Sport Governing Bodies Meeting

- Document Outcomes:

- Many of the deaths in youth sports are preventable and it is our goal as a task force to do everything in our power to live up to this statement



- Mandate vs Recommendations
 - Governing bodies experience difficulty mandating policies and are often left to recommend rather than mandate.
 - Reason for difficulty with mandating include
 - extremely large rates of participation
 - a wide range of ages
 - budgetary restrictions
 - geographic location
 - lack of internal administration



Youth Sport Governing Bodies Meeting

- Purpose:
 - Create a roadmap for health and safety policy considerations for youth athletes.
 - Call to action youth sport governing support systems and their league leaders
 - Educate and inform members of the participating task force youth sports organizations of current best practices

