

Keeping Kiwi Kids Sportsmart

Sport is great for growing kids...



Brain development



Improves coordination



Healthy body composition

... but injuries are not cool.

data from a survey from 914 10-13-year-old children who play sport

74%

of participants sustained an injury related to sport in the previous year

1536

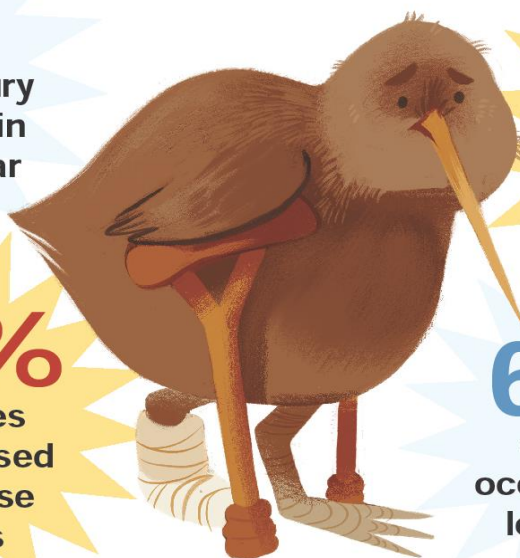
sport-related injuries reported in the previous year

22%

of injuries were classed as overuse injuries

62%

of injuries occurred in the lower limbs



Recommendations for sportsmart kids...

1. Keep it seasonal

Don't participate in the same sport for more than 8 months of the year



For every hour of organised sport each week, do 30 mins of adult-free play

2. Balance sport with play

3. Don't do too much



You should not be doing more hours of organised sport per week than your age in years



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