

SPORTS INJURY FACTS

Updated March 2009

In addition to the fact that the annual number of firearm accidents is at an all-time recorded low, hunting remains one of the safest recreational/sports activities.

<u>ACTIVITY</u>	<u>PARTICIPANTS</u>	<u>ANNUAL INJURIES</u>	<u>INJURIES PER 100,000</u>
Archery	6,800,000	3,180	47
Baseball	14,600,000	163,834	1122
Softball	12,400,000	111,094	896
Basketball	26,700,000	529,837	1984
Bicycle riding *	35,600,000	480,299	1349
Billiards, pool	31,800,000	4,722	15
Bowling	44,800,000	18,553	41
Cheerleading	3,800,000	25,966	683
Fishing	40,600,000	73,206	180
Football	17,800,000	460,210	2585
Golf	24,400,000	37,891	155
Ice hockey	2,600,000	21,825	839
Martial arts	4,700,000	24,835	528
Mountain biking	8,500,000	10,135	119
Skateboarding	9,700,000	125,713	1296
Snowboarding	5,200,000	50,660	974
Soccer	14,000,000	186,544	1332
Swimming	56,500,000	178,412	316
Tennis	10,400,000	22,425	216
Volleyball	11,100,000	57,387	517
Water skiing	6,300,000	9,928	158
Weight lifting	32,900,000	73,425	223
Hunting	14,600,000	239	2

(*) Excludes mountain biking

Because the number of participants, frequency and duration of the sport varies with the respective sports, these numbers are approximations. Participant numbers include those seven years of age or older who participated more than once per year except for bicycle riding and swimming, which include those who participated six or more times. Injury numbers include only injuries treated in hospital emergency facilities.

Sources: National Safety Council, *Injury Facts 2008 Edition*; International Hunter Education Association.