

SPORTS-RELATED CONCUSSIONS IN ONTARIO YOUTH

WHAT PARENTS, COACHES, TEACHERS AND ATHLETES NEED TO KNOW

CONCUSSIONS HAVE A SERIOUS IMPACT

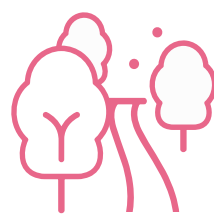
1 in 4

hospitalizations due to concussions were sports-related

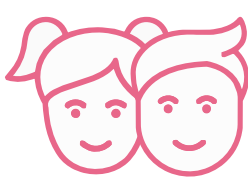
1 in 3

emergency department visits due to concussions were sports-related

WHO IS MOST AFFECTED



Concussion rates are higher in more rural areas



Ages 10–14 experience the highest concussion rates



Males experience higher concussion rates than females

MOST EMERGENCY DEPARTMENT VISITS FOR CONCUSSIONS



Hit by ball / bat



Ice hockey



Football / rugby

WAYS TO KEEP YOUTH SAFER IN SPORTS



Protective gear
e.g., Properly fitting helmets and mouthguards



Training practices
e.g., Specific exercise programs (strength and balance)



Policies
e.g., Reducing player-to-player contact and supporting return to learn and play strategies



Sport participation accounts for a large share of youth concussions in Ontario. Education, protective gear, training practices and policies can help reduce the risk.

For more information on sport-related concussions, see Public Health Ontario's [Concussion Incidence in Ontario: 2023–2024](#) or visit [Ontario.ca/Concussions](#) for additional resources.