

Sport and Recreation injuries and Prevention:

General Facts and Figures; Sources and Resources; Common Strategies



NZ General Facts and Figures:

- In 2013/14 ACC accepted 1.8 million new claims, 456,101 were for sports and recreation injuries
- Sport and recreation related injuries account for around one in four ACC claims lodged annually
- On average ACC spends \$330 million on sports and recreation claims annually
- Rugby Union, Rugby League, Netball and Football are our most popular sports, with about 430,000 players. These priority sports resulted in ACC claims costs of around \$85 million in 2011/12.
- On average 103 people drown every year. Males are four times more likely to drown than women (at 84% of drownings); this is twice the global average

Sources and Resources:

Sport and recreation injury statistics	<i>Serious Injury Outcome indicators 2000-2013 (Stats NZ select tables 23 -24) drowning:</i> http://www.stats.govt.nz/browse_for_stats/health/injuries/serious-injury-outcome-indicators-2000-13.aspx <i>IPRU injury query system (specify injury parameters):</i> http://ipru3.otago.ac.nz/niqs/ <i>Latest injury claim statistics:</i> http://www.acc.co.nz/about-acc/statistics/injury-statistics/index.htm <i>Injury claim comparison reports by district:</i> http://www.acc.co.nz/preventing-injuries/communities/injury-comparison-reports/index.htm
Sport and Recreation Injury Prevention	<i>ACC injury prevention:</i> http://www.acc.co.nz/preventing-injuries/playing-sport/ <i>Water safety/drowning prevention</i> http://www.watersafety.org.nz/

Sport and Recreation injuries and Prevention: continued



Common Strategies:

<p>SMART plans to prevent sports injuries</p>	<p><i>SportSmart : general advice on how to prevent and manage injuries</i> http://www.acc.co.nz/preventing-injuries/playing-sport/sportsmart-10-point-plan/PI00111 <i>RugbySmart</i> http://www.coachingtoolbox.co.nz/rugbysmart/introduction/ <i>RugbyLeague : Fundamentals</i> http://www.acc.co.nz/preventing-injuries/playing-sport/PI00100 <i>Football: FIFA 11+ warm up programme</i> http://f-marc.com/11plus/home/ <i>NetballSmart</i> http://www.mynetball.co.nz/netball-smart/</p>
<p>Injury management</p>	<p><i>Managing common sports injury/Concussion/R.I.C.E.D method</i> http://www.acc.co.nz/preventing-injuries/playing-sport/common-sports-injuries/index.htm <i>Concussion management e.g Northland Rugby Union "Blue card" programme</i> http://www.referees.co.nz/concussion-card-trial-review/</p>
<p>Safety Strategies to promote better safety standards and reduce injuries</p>	<p><i>Water Safety Strategy 2020</i> http://www.watersafety.org.nz/media/highlight-stories/water-safety-sector-strategy-2020-launch/ <i>Safe Use of Quad bikes</i> http://www.saferfarms.org.nz/guides/safe-use-of-quad-bikes/ <i>Recreational Boating Safety Strategy</i> http://www.maritimenz.govt.nz/Recreational-boating/Publications/Boating-Safety-Strategy.asp <i>Mountain/Outdoor safety code</i> http://www.mountainsafety.org.nz/Safety-Tips/default.asp <i>and http://www.adventuresmart.org.nz/land-adventures/</i></p>

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Fact Sheet Series

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