

Brain Injury and Sports

It is important to take brain injury out of play when dealing with sports.

1. Swimming and Boating

Near drowning reduces oxygen flow to the brain, which can result in permanent brain injury.

Always:

-
-

Have fun and be safe.

2. Soccer

Soccer can be a high impact sport. Heading the ball involves risks, but injuries also occur when players hit each other or the ground. A soccer ball can travel 100 km/h. Repeated low impact hits like those from heading, increase the risk of long term brain injury.

To avoid injury in soccer:

-
-
-
-

Respect the unexpected.

3. Football

Many brain injuries occur in football each year. Some head injuries in football are very severe because they happen more than once. This can lead to memory issues and other brain issues that may occur when they are older.

Tips when playing football:

-
-
-
-
-

Stay alert, don't get hurt.

4. Hockey

In Canada, those who play hockey are at the highest risk of receiving a brain injury, compared to all other sports. Violence in hockey contributes to this.

Tips when taking a hit:

-
-
-

When in doubt, sit it out.

5. Skiing and Snowboarding

Brain injuries in skiing and snowboarding occur when skiers' heads hit snow, they collide with other skiers or collide with fixed objects.

Tips:

-
-
-
-
-
-
-

Safety is a choice you
make.