



Risk Management *Tips*

To Help Prevent Sports Injuries, Understand the Causes

A recent study of sports-related injury claims reported by Boys & Girls Clubs insured with Markel found that the majority of injuries involved basketball (52 percent). Others involved touch/flag football (17 percent), baseball (11 percent), floor hockey and soccer (6 percent), dodgeball (4 percent), and Judo and volleyball (1 percent).

Basketball injuries occurred primarily while running and jumping. One notable accident involved a player colliding with an office door and shattering the glass which resulted in severe lacerations to his wrist. Touch football, floor hockey, and soccer injuries included collisions, falls, and running injuries. Baseball injuries involved running and falling, along with being hit by the ball. Dodgeball and volleyball injuries also occurred as a result of being hit by the ball. Judo injuries happened while practicing throws.

The majority of these injuries are inherent to the sport itself. Providing structured and knowledgeable supervision along with communicating a clear understanding of the rules of play can help control these injuries.



The American Society for Testing and Materials (ASTM) provides recommendations for wall padding that can support your gym safety efforts. *ASTM F2440-04 Standard Specification for Indoor Wall/Feature Padding* outlines that wall padding is normally produced in sections that are assembled prior to use. The padding should be installed such that sections are fastened securely together to prevent them from becoming separated during use. **(Warning: Areas of padding that are missing coating or covering are considered health hazards.)**

Padding should be used on walls and other facility features that an athlete might contact during play. The dimensions of the mats should provide appropriate protection for that area. Padding is typically installed no more than 4 inches from the floor and up to 6 feet high.

If you have a safety or risk management question or a suggestion for a topic, please contact Markel's Risk Management Department at safety1st@markelcorp.com.