

Table 1

Sports Concussion Facts and Statistics^{23,24}

Sport	Incidence	Notes
Field hockey	High concussion rate for No. of participants, 1.4%	More concussions during competition than practice; 60% from equipment contact; 29% from player-to-player contact
Ice hockey	High concussion rate for No. of participants, 3.9%	Higher concussion rate during competition than practice; 45% from player-to-player contact, others from ice, wall (glass)
Cheerleading	> 27 000 ED visits in 2007; 20% of all injuries are concussions	Rising participation rates; higher risk of injury from more difficult tumbling moves; most head injuries occur during practice
Gymnastics	1.7% in high school gymnasts	Concussions are 9 times more likely in competition than in practice; risk decreases slightly with age
Lacrosse	76% of male players from player-to-player contact; 9.8% of all female player injuries	Relatively low participation; higher concussion rate in competition than in practice for both sexes; rate decreased after helmets introduced
Volleyball	4.1% of all injuries during games	2 times more likely in games than in practices; most result from playing surface impact
Skiing/ snowboarding	9.6% of all ski injuries; 14.7% of snowboarding injuries	More recreational athletes than organized competition; similar head injury rates between both snow sports but more severe head injuries in snowboarders

Abbreviation: ED, emergency department.