



**BC INJURY** research and prevention unit

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## NEWS RELEASE

For immediate release  
May 10, 2018

Provincial Health Services Authority  
BC Children's Hospital  
BC Ministry of Health  
BC Alliance for Healthy Living

### **New website helps keep active kids safe from common sport injuries**

Vancouver, BC — An average of 900 BC children and teens are hospitalized each year due to sports-related injuries. A new website is working to change this by giving parents, kids, coaches and teachers easy access to injury prevention information for over 50 popular sports and recreational activities, including soccer, volleyball, gymnastics, ice hockey, kayaking, hiking and snowboarding.

[Active & Safe Central](#) was developed by the BC Injury Research & Prevention Unit (BCIRPU) at BC Children's Hospital in partnership with injury prevention experts, sport injury specialists and sport organizations across Canada. It was launched today in honour of International Move for Health Day.

"No one wants to see a child sidelined from an activity they love by a preventable injury," says Dr. Shelina Babul, an associate director and sports injury specialist with BCIRPU, a clinical associate professor at University of British Columbia, and the co-lead for the Active & Safe Central project. "Sports and recreation-related injuries, such as overuse injuries, concussions, and ligament tears can prevent children and youth from staying active and healthy. Through Active & Safe Central, parents and those involved in sport and recreation can learn about the simple and effective ways they can prevent injury and keep kids moving."

Informed by international injury prevention research, the activity-specific information on the site includes common injuries, risk factors and strategies for injury prevention. The information is tailored for participants, parents and the wide range of people who support sport and recreation including coaches, teachers, officials, administrators and health professionals.

Researchers selected the sports and recreational activities listed on Active & Safe Central based on several criteria: activities that promote healthy lifestyles, those that are likely to be offered or supported in schools and community organizations, and activities that have higher rates of injury.



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Active & Safe Central is supported by BC's [Physical Activity Strategy](#), which is co-led through a partnership between the BC Government and the [BC Alliance for Healthy Living](#). It was developed in collaboration with SportMedBC, BC Recreation and Parks Association, Sport Injury Prevention Research Centre, Canadian Injury Prevention Trainee Network, Parachute, and viaSportBC.

### Learn more:

Visit [activesafe.ca](http://activesafe.ca).

*The BC Injury Research and Prevention Unit (BCIRPU) is a core research program within the Evidence to Innovation theme at BC Children's Hospital Research Institute. The unit's role is to serve as a provincial "hub" to provide research-based leadership and coordination to stakeholders in order to reduce the societal and economic burden of injury among all age groups in British Columbia. BCIRPU is a strategic leader in effective prevention strategies to help keep people out of hospital, reduce crisis care intervention, and to create a healthier, more active, and productive population. For more information, visit [www.injuryresearch.bc.ca](http://www.injuryresearch.bc.ca) or follow us on Twitter at [@BCIRPU](#).*

*BC Children's Hospital Research Institute conducts discovery, translational and clinical research to benefit the health of children and their families. We are supported by BC Children's Hospital Foundation; are part of BC Children's Hospital, an agency of the Provincial Health Services Authority; and work in close partnership with the University of British Columbia. For more information, visit [www.bcchr.ca](http://www.bcchr.ca) or follow us on Twitter [@BCCHRResearch](#).*

*BC Children's Hospital, an agency of the Provincial Health Services Authority, provides expert care for the province's most seriously ill or injured children, youth and young adults, including newborns. Child and Youth Mental Health provides a diverse range of specialized and one-of-a-kind tertiary mental health and concurrent disorders services for children, adolescents and young adults across the province. For more information, visit [www.bcchildrens.ca](http://www.bcchildrens.ca) or follow us on Twitter [@BCChildrensHosp](#).*

*The Provincial Health Services Authority (PHSA) plans, manages and evaluates selected specialty and province-wide health care services across BC, working with the five geographic health authorities to deliver province-wide solutions that improve the health of British Columbians. For more information, visit [www.phsa.ca](http://www.phsa.ca) or follow us on Twitter [@PHSAofBC](#).*

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