

SPORTS INJURY STUDY

Total Injuries Ranked by Sport

Numbers are in thousands (000)

Sport Total	Total Sport Participants	Injured Participants	% of Total Injuries	Injuries Per 100 Participants
TOTAL INJURIES	211,202	20,145	100.0	9.5
Basketball	36,584	2,783	13.8	7.6
Running/Jogging	35,866	1,654	8.2	4.6
Soccer	17,641	1,634	8.1	9.3
Football (tackle)	5,783	1,084	5.4	18.8
Baseball	10,402	602	3.0	5.8
Bicycling (recreational)	53,524	445	2.2	0.8
Tennis	16,353	415	2.1	2.5
Ice Hockey	2,612	415	2.1	15.9
Skateboarding	12,997	399	2.0	3.1
Walking (recreational)	84,986	384	1.9	0.5
Golf	27,812	291	1.4	1.0
Hunting	16,471	207	1.0	1.3
Gymnastics	5,149	149	0.7	2.9
Ice Skating	14,530	105	0.5	0.7
Swimming (recreational)	92,667	73	0.4	0.1
Bowling	53,160	50	0.2	0.1
Paintball	8,679	21	0.1	0.2
Shooting (trap & skeet)	3,696	16	0.1	0.4
Archery	6,650	16	0.1	0.2
Canoeing	10,933	11	0.1	0.1

Source: American Sports Data, Inc. - A Comprehensive Study of Sports Injuries in the U.S.

Compared to other popular forms of recreation, the shooting sports have some of the lowest occurrences of injury.

