
* A total of 4,120 eligible ATCs (i.e., affiliated with the National Athletic Trainers' Association (NATA) and high schools and with contact information available) were contacted. Of those, ATCs representing 425 schools agreed to participate. Those schools were placed into eight sampling strata (created by four geographic strata based on U.S. census areas and two size strata based on large [≥1,000 students] or small [<1,000 students] schools). Twelve schools were drawn randomly from four strata and 13 schools from the other four strata to make an even 100 participating schools.

Figure 1

**FIGURE 1. Proportion of injuries in practice and competition, by diagnosis — High School Sports-Related Injury Surveillance Study, United States, 2005--06 school year**

Practice  
(n = 683,199)

- Sprain/strain
- Contusion
- Fracture
- Concussion
- Other*

Competition  
(n = 759,334)

- Sprain/strain
- Contusion
- Fracture
- Concussion
- Other*

* Includes other injuries (e.g., lacerations or dislocations) and reportable health-related events (e.g., heat illness, skin infections, or asthma attacks).

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Figure 2
FIGURE 2. Proportion of injuries, by sport and number of days lost — High School Sports-Related Injury Surveillance Study, United States, 2005–06 school year

* Includes athletes who returned to their teams after ≥22 days and athletes who were out for the remainder of the season as a result of their injuries.

Table

<table>
<thead>
<tr>
<th>Sport</th>
<th>Practice</th>
<th>Competition</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys' football</td>
<td>2.54</td>
<td>12.09</td>
<td>4.36</td>
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<td>Boys' wrestling</td>
<td>2.04</td>
<td>3.93</td>
<td>2.50</td>
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<td>Boys' soccer</td>
<td>1.58</td>
<td>4.22</td>
<td>2.43</td>
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<tr>
<td>Girls' soccer</td>
<td>1.10</td>
<td>5.21</td>
<td>2.36</td>
</tr>
<tr>
<td>Girls' basketball</td>
<td>1.37</td>
<td>3.60</td>
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<td>Boys' basketball</td>
<td>1.46</td>
<td>2.98</td>
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<td>Girls' volleyball</td>
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<td>1.92</td>
<td>1.64</td>
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<tr>
<td>Boys' baseball</td>
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<td>1.77</td>
<td>1.19</td>
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<tr>
<td>Girls' softball</td>
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<td>1.78</td>
<td>1.13</td>
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<tr>
<td>Total</td>
<td>1.69</td>
<td>4.63</td>
<td>2.44</td>
</tr>
</tbody>
</table>

* Per 1,000 athlete exposures (i.e., practices or competitions).

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