Recreational Activities

Naval Safety Center
Safety Recommendations

- Consult a medical professional before starting a new activity
- Do not participate while in pain or with an injury
- Warm up before any activity
- Participate within your limits
- Drink plenty of water
- Do not participate in an activity while intoxicated
- Always wear protective gear
Breaking a bone was the **number one** off-duty injury

One in three injuries was a fracture

Mishap data covers the past 3 fiscal years: FY17, FY18, and FY19.
Fractures, Sprains, Strains, and Tears, Cuts, Lacerations, Bruises, Contusions, Injuries to Muscles, Tendons, Joints, Etc.

Top 5 Injuries

- Fractures: 1131
- Sprains, Strains, and Tears: 932
- Cuts, Lacerations: 560
- Bruises, Contusions: 178
- Injuries to Muscles, Tendons, Joints, Etc.: 171

Mishap data covers the past 3 fiscal years: FY17, FY18, and FY19.
The Top 25 Mishap Categories:

1. Basketball
2. Miscellaneous Walking
3. Football
4. Physical training, exercise/weight lifting
5. Bicycling
6. Ascending or Descending Stairs
7. Soccer
8. Softball
9. Other
10. Skateboarding
11. Snowboarding
12. Glass or Knife handling
13. Running (non-PT)
14. Running (for PT)
15. Motorized Dirt Bike
16. Weight Lifting
17. Recreational Outdoor Activities
18. Handling Pets, Animals, or Insects
19. Attending Social Event
20. Volleyball
21. Hiking
22. Jumping
23. Swimming
24. Horseplay
25. Showering or Bathing

Mishap data covers the past 3 fiscal years: FY17, FY18, and FY19.
Team Sports
Basketball, Football, Soccer, and Softball made it on the top of the injury list for the past three years.

Play Safe

✓ Follow the rules of the game
✓ Take frequent breaks
✓ Stop often to rehydrate
✓ Prepare to make contact when playing contact sports
Remember, the goal is to have fun

Emotions can run high and create room for error

Only you can only control your actions

Avoid players who stir up emotions

Do not antagonize other players

Being Competitive vs. Being Aggressive
Weight Lifting

• There are several types of strength training: total body circuit, push-pull, power lifting, explosive dynamic and muscular isolation training.

• Strength training can improve your body’s metabolism, build stronger bone density as well as aid in managing a balanced weight.

• You don’t have to “go-all-out” to see results. Most people see physical improvement with short, 30 minute sessions 2-3 times a week.
✓ Always warm up before any lift session

✓ Proper form is always more important than counting repetitions (If you notice a peer practicing improper form, politely help them out)

✓ Always lift with a buddy or spotter

✓ Never lift while in pain or experiencing fatigue

✓ When in doubt, ask for help

Lift Safely

There were 141 reported mishaps involving weight lifting activities 2016 through 2019.

Injuries range from pulled back to popped knees and shoulders to other forms of strain on joints and muscles.

Mishap data covers the past 3 fiscal years: FY17, FY18, and FY19.
Running for leisure or PT

- Running injuries happen regardless of whether jogging for PT, racing, or moving from point A to B
- You are more likely to injure yourself running from point A to B than in a competitive race
- Most running injuries occur when you lose balance, trip, or run into something
- Ankle injuries are common running injuries

Mishap data covers the past 3 fiscal years: FY17, FY18, and FY19.
Safe tips for the Road:

☑ Keep your head up and your eyes on the path ahead of you
☑ If in a group, ride in a single file
☑ Always ride on the right side of the road (with traffic, not against it)
☑ Know and practice hand signals
☑ Obey traffic signs and rules
☑ Avoid riding during hazardous weather conditions
☑ Pay attention to vehicles and pedestrians
☑ Avoid peak traffic times
☑ Choose bike paths or trails when possible

Bicycling in urban environments or on the road
More cycling tips:

- Always wear a properly fitting helmet
- Adjust the bicycle to fit your size
- Wear bright colored or reflective gear at night and during low visibility conditions
- Keep your bicycle on a regular maintenance schedule
- Make sure your bicycle is equipped with reflectors
- A bell or horn, rear-view mirror, and headlights are recommended for additional safety
Number of Mishaps Reported

Dirt Bike- 56
Miscellaneous Outdoor Activities- 46
Hiking- 41
All-Terrain Vehicle- 25
Rock Climbing-13
Horseback Riding- 9
Chopping Wood- 8
Hunting- 7
Paintball- 5
Driving Off-Road- 2
Dirt Bike guidelines and regulations can be found within the OPNAVINST 5100.12J

- Dirt-bike riders must attend training if riding on or off a government installation.
- If the dirt-bike is licensed and registered to operate on public roads or highways, it's classified as a motorcycle, and rider must attend Levels I, II, and refresher training.
- Off-road only dirt bikes don't require license or insurance to attend training on government installation.
- It is highly recommended riders complete specialized motorcycle training or the Level I course to satisfy the dirt bike training requirement.

For rider training location nearest you call: 877.228.7093
or visit: www.dirtbikeschool.com
Examining the “Miscellaneous, Other” Category

Off-duty incidents vary from simple mistakes to elaborate flops. Practice risk management in all facets of life.

Examples of actual activities that lead to a mishap:

• Clearing shrubs with a machete and suffering an injury from the machete
• Grabbing a burning piece of wood with bare hands to adjust a fire
• Getting tangled in a tent when attempting to set it up
• Falling off a trampoline
• Getting hit in the face with a swinging golf club
• Receiving stitches after a being bitten by a parrot
• Wrestling with dogs, falling off the bed getting a concussion
• Tripping over furniture to capture a runaway pet, breaking a bone
Mishap data covers the 3 fiscal years: FY17, FY18, and FY19.

Number of Mishaps Reported

Skate Boarding- 97
Rollerblading- 16
Extreme Sports Other- 11
Scooter- 2
Sky Diving- 1
Prepare to fall – a lot. So learn how to fall to minimize the hurt:

- Roll into a fall
- Crouch down to lessen the falling distance
- Try to land on meaty parts of the body
- Practice near soft surfaces, like grass

Extreme Sports

Wear proper PPE
- Helmet
- Knee Pads
- Elbow Pads
- Mouth and Wrist Guards
Is the risk worth the reward?

Cuts, scrapes, sprains, broken bones, and concussions are on the extreme sports injury list.

Implement ORM

• Ask yourself “what if?”

• Can you afford to miss several weeks if you’re limited duty with a serious injury?

• Always do a thorough inspection of the gear needed to support your activity. When was the rock climbing harness last tested? Has it been awhile since your BMX bike has a tune-up?

• Make risk decisions
Martial Arts and Sparring
Mishap data covers the past 3 fiscal years: FY17, FY18, and FY19.

Number of Mishaps Reported

<table>
<thead>
<tr>
<th>Style</th>
<th>Number</th>
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<tbody>
<tr>
<td>Martial arts</td>
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<td>14</td>
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<tr>
<td>Wrestling</td>
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<td>Kickboxing</td>
<td>6</td>
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<tr>
<td>Sparring</td>
<td>2</td>
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<tr>
<td>Other</td>
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No two styles are the same. Some forms focus on grappling, others on leg work such as kicking. Do some research before starting, to find the best style for you.
✓ Be honest with yourself and recognize your limitations
✓ Don’t practice when it hurts
✓ Always warm up
✓ Wear clothing or attire that fits properly
✓ Invest in protective gear
Off-Duty Mishaps
Number of Mishaps at Home

Mishap data covers the past 3 fiscal years: FY17, FY18, and FY19.

In the Kitchen
Grilling- 23
Handling- 17
Slicing- 15
Other- 10
Opening package- 3
Opening Can, Bottle or Jar- 2

Around the House
Walking- 345
Showering or Bathing- 35
Sleeping- 29
Getting Dressed- 5
Sitting in a Chair- 4
Mishap data covers the past 3 fiscal years: FY17, FY18, and FY19.

**Miscellaneous Events**
- Child Care: 176
- Cleaning: 36
- Supply and Materials Handling: 13
- Construction: 5
- Electric Work: 5
- Equipment Repair: 4

**Social Events**
- House or Private Party: 33
- Socializing at a Bar or Blub: 17
- Attending a Concert: 9
Recreational activities with the least amount of mishap reports:

- Golfing- 4
- Video games- 3
- Tennis- 2
- Bowling- 1
- Painting- 1
- Lacrosse- 1
Zero mishaps were reported involving yoga, pilates, tai chi, or billiard games.

Mishap data covers the past 3 fiscal years: FY17, FY18, and FY19.
For More Information on Safety
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