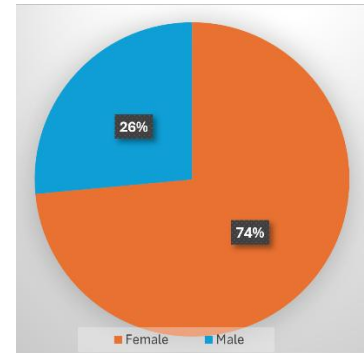




INJURIES REPORTED AT 12U-18U PROVINCIAL CHAMPIONSHIPS - 2026

As part of our commitment to safe sport, Volleyball BC is striving to minimise the risk of physical injury across all our activities. The Provincial Championships are the pinnacle of our indoor club competition and an opportunity for us to capture information about the physical health and safety of participants.

In 2026, over 600 teams competed in 3 weekend tournaments with thousands of athletes, coaches, referees, and spectators. We kept track of all injuries reported to the onsite first aid and physio providers so that we could build this snapshot of injuries that might occur at these types of events. This is what we learned...

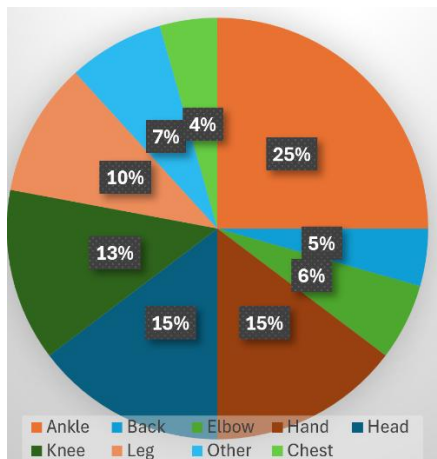


GENDER OF INJURED INDIVIDUAL

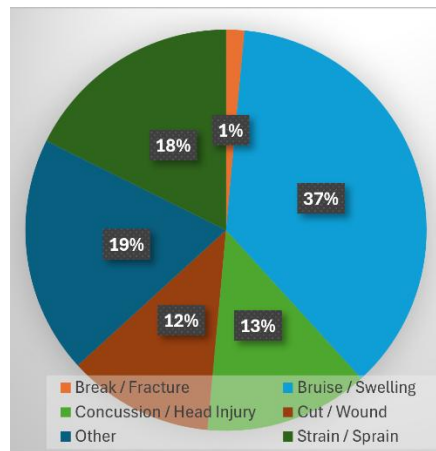
We had a total of 63 reported and treated visits to First Aid across the 3 weekends of Provincial Championships. The vast majority were athletes and female which is unsurprising given the larger number of girls teams.

Similar to 2022-2025, most injuries related to the ankle, closely followed by the hand or the head. 37% of the reported injuries involved bruises or swelling, followed by sprains or strains.

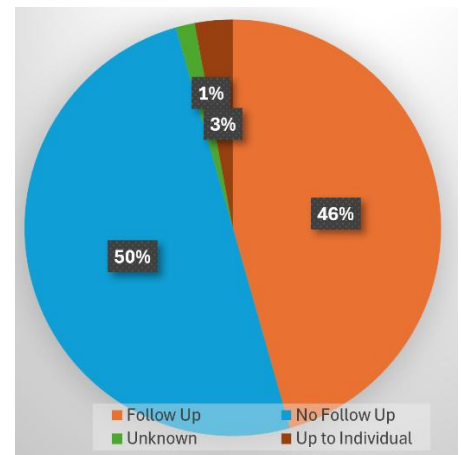
INJURED PART OF THE BODY



TYPE OF INJURY



MEDICAL FOLLOW UP REQUIRED



Medical follow-up was advised in 46% of the injuries which means most were minor injuries and treatable onsite. The results of our injury tracking at Provincial Championships closely align with the injury statistics seen across all volleyball. The [BC Injury Research and Prevention Unit](#) provide the following statistics about injuries in volleyball:

- **Ankle sprains** are the most common acute injury. **Knee and shoulder injuries** are the most common overuse injuries.
- Common mechanisms for injury in volleyball include contact with another player, often when a player lands on another player's foot after the execution of a jump.
- Overall, injuries occur at a rate of **1.5-2 injuries for every 1,000 hours of play** but **2-4 injuries for every 1,000 hours of match play**. This is due to a higher intensity of activity during game play.
- You are **nine times more likely to have an ankle injury** if you have ever had a previous ankle injury, and ten times more likely if your previous injury was within the past six months.
- **Males have a 3 times higher risk of ankle injury**, and a **3-4r times higher risk of jumper's knee**.



USEFUL RESOURCES FOR PHYSICAL INJURY PREVENTION

- [Visit our **physical injury page** to download resources on common volleyball injuries.](#)
- [Visit our **concussion web page** for our concussion information](#)
- [Active & Safe - Factsheet on Volleyball Injuries and Prevention](#)
- [STOP Sport Injuries – info on sport-specific injuries and prevention tools.](#)
- [Performance Health – Info on volleyball injuries and treatment](#)
- [Parachute Canada – Concussion Guide for Athletes](#)

For more information about our focus on making volleyball safer, [click here](#).