

Preventing Sport Related Injury

It is estimated that 30% - 50% of all sporting injuries are preventable. The risk of injury can interfere with the enjoyment of participating in sport and active recreation, and act as a barrier to that participation. Protection from sporting injury cannot be guaranteed but there are many helpful strategies which can minimise the risk.

Your organisation should:

- ensure coaches and officials are trained in injury prevention;
- check the playing area and surrounding areas before activity;
- encourage the wearing of protective equipment;
- develop and implement modified games for juniors; and
- provide first aid equipment.

Some ideas to help you prevent sports injury

- Adopt a sports injury prevention policy
- Implement counter-measures for your sport, where these are available. Counter measures are facts and safety tips for individual sports.
- Have officials qualified in first aid attend activities

