

Injury Prevention and Injury Management

Successful injury prevention must be part of an integrated strategy that covers all the issues that lead to sporting injuries. ACC's SportSmart programme for injury prevention outlines a 10-point plan that will help you reduce the risk of injury during sport.

Screening

Assess your risk of injury before the season starts.

Warm-up, cool-down and stretch

Incorporating these elements into all training or game-day activities will dramatically reduce your chance of injury. (See Warm-up, cool-down and stretch resource on this site).

Physical conditioning

Get fit and stay fit by following a balanced training programme before, during and after your season. Check out the Fitness Plan resource on this website for the types of training you need to do, and visit www.activesmart.co.nz for further information.

Technique

Applying good technique when undertaking a specific activity will reduce your risk of injury.

Fair play

You can prevent your own injuries and injuries to others by explaining the rules of the game and applying them consistently.

Protective equipment

Use good-quality protective equipment and make sure you know how to use it. Check that regulation equipment is being used, and that it is in good order and being used/worn correctly.

Hydration and nutrition

Eat the right foods before, during and after a training session or game, and make sure you drink plenty of fluids to replace what you lose during physical activity. (See further information on Hydration and Nutrition in the Physical fitness learning area).

Injury surveillance

Gather information on the injuries in your sport as they occur. This helps to find out why they happen – and how they can be prevented in the future.

Environment

Ensure your sporting environment is safe – consider the weather, the facilities, the playing surfaces and the equipment used. Report hazards and remove or mitigate them if at all possible.

Complete the eLearning module on Legal Responsibilities and Risk Management to find out more about keeping the players safe and what steps to ensure you've done the right thing.

Injury management

Apply first aid as soon as an injury occurs and don't officiate if you have a nagging injury.

For more information visit
www.acc.co.nz/sportsmart