

SMA/Smartplay media review February 2009

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Guidelines help players avoid injury

With The Australian Tennis Open inspiring many to take to the sport, tennis players can reduce their risk of injury by following tips from Smartplay's Preventing Tennis Injuries Fact Sheet. "Every year people are inspired by The Australian Tennis Open and start playing tennis without appropriate preparation," said Dr David Bolzonello, Sports Medicine Australia's spokesperson.

Canning Examiner, WA, p.10, 30/1/2009

Circulation - 34,205

Game, set, match to tennis safety

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Castlemaine Mail, VIC, p.29, 30/1/2009

Circulation - 2,820

Common sense rules in heat

After last week's heatwave it seems timely to mention something of the Victorian Golf Association's policy on playing golf in excessive heat. The VGA has prepared a heat policy in conjunction with Sports Medicine Australia.

Star (Williamstown, Altona, Laverton), VIC, p.34, 3/2/2009

Circulation - 32,998

Safety always comes first

Sport safety - Enhancing Tasmanian community sports safety will be the focus of the Sports Injury Prevention Conference to be held on February 21 in Prospect. The Conference will be hosted by Sports Medicine Australia's Victorian and Tasmanian branches.

Burnie Advocate, TAS, p.38, 4/2/2009

Circulation - 23,576

The heat is on for sports and exercise in summer

Heat injury is an unpleasant thing and with summer well and truly here, keen fitness buffs need to prepare and be careful. Sports Medicine Australia's spokesman and sports physician Rob Reid said exercising or playing sport in hot or humid conditions could lead to dehydration, heat illness and sometimes the more serious consequence of heat stroke.

Sound Telegraph, WA, p.24, 4/2/2009

Circulation - 44,428

Game, set, match to tennis safety

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Cobar Weekly, NSW, p.35, 4/2/2009

Circulation - 2,000

Tennis safety

With The Australian Tennis Open inspiring many to take to the sport, tennis players are being advised to reduce their risk of injury by following tips from a fact sheet released by Smartplay.

Clifton Courier, QLD, p.11, 4/2/2009

Circulation - 1,100

Schoolyard safety

Nova 100FM, 5/2/2009, Interviewed Annabel Sides

Spots injury prevention

North Murray Diamond Sports will host a workshop run by Sports Medicine Australia at Briggs Park in Mead Street on February 10 from 7pm to 9pm.

Armadale Examiner, WA, p.9, 5/2/2009

Circulation - 61,726

Schoolyard safety

As the school year begins, parents can aid children's health by encouraging physical activity and safer sporting practices, says Smartplay. "The health benefits of children being physically active far outweigh inactivity," said Sports Medicine Australia's spokesperson, Professor Geraldine Naughton. For further sport safety advice visit www.smartplay.com.au

Grenfell Record & Bland Advertiser, NSW, p.6, 6/2/2009

Circulation - 781

Avoid being bowled by injuries

With the cricket season underway, cricketers can reduce their risk of injury by following tips from Smartplay's Preventing Cricket Injuries Fact Sheet. "All cricketers, especially bowlers, need to be aware of how to prepare their body to avoid injuries on the cricket field," said physiotherapist and Sports Medicine Australia's spokesperson, Mark Brown.

Midland Express, VIC, p.48, 10/2/2009

Circulation -21,414

Safety guidelines for children and young people in sport

The Australian Government has moved to make sport safer with the launch by the Federal Minister for Sport, Kate Ellis of new national guidelines to promote safety in sport and a national sport injury prevention program. Ms Ellis said The

Safety Guidelines for Children and Young People in Sport and Recreation and the National Smartplay program would help schools, teachers, coaches and parents and administrators to support safer sporting practices and reduce injury risks.

Moorabool News, VIC, p.32, 10/2/2009

Circulation - 2,500

Schoolyard safety

ABC Toowoomba, QLD, 11/2/2009, 11.50am, Interviewed Professor Geraldine Naughton

Schoolyard safety

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Camden Haven Courier, NSW, p.34, 11/2/2009

Circulation - 8,644

Children need to be active

Statistics show that more than a quarter of parents/carers of active children aged 5-12 years discourage or prevent them from playing a particular sport because of injury and safety concerns. However, as the school year begins, parents can help improve children's health by encouraging physical activity and safer sporting practice, says Smartplay.

Pilbara News, WA, p.8, 11/2/2009

Circulation - 6,450

Safety in sport at conference

Enhancing Tasmanian community sports safety will be the focus of the Sports Injury Prevention Conference 2009 on Saturday, February 21, in Prospect. Hosted by Sports Medicine Australia Victorian and Tasmanian Branch, the conference will present the latest treatment and management techniques of common sports injuries.

Launceston Examiner, TAS, p.48, 11/2/2009

Circulation - 32,980

Schoolyard safety

As the school year begins, parents can aid children's health by encouraging physical activity and safer sporting practices, says Smartplay. "The health benefits of children being physically active far outweigh inactivity," said Sports Medicine Australia's spokesperson, Professor Geraldine Naughton. For further sport safety advice visit www.smartplay.com.au

Western Sun, QLD, p.2, 11/2/2009

Circulation - 2,200

**Spinal management training for sports trainers
Lifesaving Victoria enewsletter**

Schoolyard safety

Parents can aid children's health by encouraging physical activity and safer sporting practices. Smartplay, Sports Medicine Australia's sport injury prevention program offers a great range of tips for parents to encourage safer sporting practices.

Murray Valley Standard, SA, p.12, 12/2/2009

Circulation - 3,952

Exercise safely in hot weather

With summer here, anybody who is active needs to prepare for the hot conditions or run the risk of heat injury, warns Sports Medicine Australia. Sports physician and Sports Medicine Australia spokesperson, Dr Rob Reid, said heat injuries could be avoided, if the right precautions are taken. Go to www.sma.org.au for more information.

Times Victor Harbor, SA, p.3, 12/2/2009

Circulation - 7,005

be active '09

AusPaNet Enews

Squads selected

Sports Medicine Australia Workshops are available for those interested in becoming a trainer or wanting to improve strapping techniques.

Albert & Logan News, QLD, p.45, 13/2/2009

Circulation - 74,603

Playing sport smart

Statistics have shown more than one-quarter of parents and carers of active children aged 5-12 years discourage or prevent children from playing a particular sport because of injury and safety concerns. Sports Medicine Australia's sports injury prevention program, Smartplay offered the following tips to encourage safer sporting practices to keep children active.

Northern Daily Leader, NSW, p.13, 13/2/2009

Circulation - 8,292

Tennis safety

Smartplay, Sports Medicine Australia's sports injury prevention program funded by **VicHealth** and the Department of Planning and Community Development (Sport and Recreation Victoria), offers tips to get prepared and minimise the risk of tennis injury: - Always warm up, stretch and cool down.

Macedon Ranges Guardian, VIC, p.12, 13/02/09

Circulation - 3,156

Play time should be a safe time for children

As the school year begins, parents can aid children's health by encouraging physical activity and safer sporting practices, says Smartplay. "The health benefits of children being physically active far outweigh inactivity," said .Sports

Medicine Australia's spokesperson, Professor Geraldine Naughton. For further sport safety advice visit www.smartplay.com.au

Adelaide Hills Weekender, SA, p.8, 15/2/2009

Circulation - 25,000

Smartplay

GippSport Newsletter

Physical activity

Kids Foundation, Kelly Street Magazine

Mouthguards

Kids Foundation, Kelly Street Magazine

Stitches

ABC TV, Dr Darren Morton

Tackle safety in sports

In an effort to reduce sporting injuries, Sports Medicine Australia (SMA) NSW will hold an accredited Level 1 Sports Trainer course in Sydney on February 28 and March 1.

Auburn Review Pictorial, NSW, p.23, 17/2/2009

Circulation - 26,740

Sports course to reduce injuries

In an effort to reduce sporting injuries, Sports Medicine Australia (SMA) NSW will hold an accredited Level 1 Sports Trainer course in Sydney on February 28 and March 1.

Bellingen Courier Sun, NSW, p.25, 18/2/2009

Circulation - 2,275

Sports course to reduce injuries

In an effort to reduce sporting injuries, Sports Medicine Australia (SMA) NSW will hold an accredited Level 1 Sports Trainer course in Tamworth on March 14 and 15.

Armidale Express, NSW, p.23, 18/2/2009

Circulation - 2,405

Injury prevention for sports trainers

In an effort to reduce sporting injuries, Sports Medicine Australia (SMA) NSW will hold an accredited Level 1 Sports Trainer course in Sydney on February 28 and March 1.

Camden Haven Courier, NSW, p.31, 18/2/2009

Circulation - 8,644

Encourage kids into active sport

As the school year begins, parents can aid children's health by encouraging physical activity and safer sporting practices, says Smartplay. "The health

benefits of children being physically active far outweigh inactivity," said Sports Medicine Australia's spokesperson, Professor Geraldine Naughton. For further sport safety advice visit www.smartplay.com.au

Mandurah Coastal Times, WA, p.123, 18/2/2009

Circulation - 40,846

Parents can support physical activity

As the school year begins, parents can aid children's health by encouraging physical activity and safer sporting practices, says Smartplay. "The health benefits of children being physically active far outweigh inactivity," said Sports Medicine Australia's spokesperson, Professor Geraldine Naughton. For further sport safety advice visit www.smartplay.com.au

Midweek (Mackay & Sarina), QLD, p.41, 18/2/2009

Circulation - 29,797

Play smart to beat heat

While it is important to exercise regularly to stay healthy, it is just as important to exercise safely this summer and be prepared for hot conditions, according to Sports Medicine Australia.

Sound Telegraph, WA, p.28, 18/2/2009

Circulation - 44,428

Get ready for the basketball season

Basketball is one of the most popular sports in Australia with players of all age and skill levels participating. Smartplay, an initiative funded by the Australian Government Department of Health and Ageing, offers the following tips to prevent basketball injuries.

Cobar Weekly, NSW, p.29, 18/2/2009

Circulation - 2,000

Sports trainers course in Sydney

In an effort to reduce sporting injuries, Sports Medicine Australia (SMA) NSW will hold an accredited Level 1 Sports Trainer course in Sydney on February 28 and March 1.

Wauchope Gazette, NSW, p.23, 19/2/2009

Circulation - 2,125

Stay safe in the schoolyard

The school year has begun and parents can aid children's health by encouraging physical activity and safer sporting practices, says Smartplay. "The health benefits of children being physically active far outweigh inactivity," said Sports Medicine Australia's spokesperson, Professor Geraldine Naughton. For further sport safety advice visit www.smartplay.com.au

Times Victor Harbor, SA, p.11, 19/2/2009

Circulation - 7,005

Schoolyard safety

As the school year begins, parents can aid children's health by encouraging physical activity and safer sporting practices, says Smartplay. "The health benefits of children being physically active far outweigh inactivity," said Sports Medicine Australia's spokesperson, Professor Geraldine Naughton. For further sport safety advice visit www.smartplay.com.au

Bega District News, NSW, p.12, 20/2/2009

Circulation - 2,770

Get into training

Parents, coaches, club officials and health professionals can attend the Sports Medicine Australia conducted level 1 sports trainer course in Sydney on February 28 and March 1.

Penrith Press, NSW, p.79, 20/2/2009

Circulation - 61,864

Sports Injury Prevention Conference

ABC Launceston, TAS, 20/2/2009, Interviewed Lynne Sheehan

Spotlight placed on safety in sport

Enhancing Tasmanian community sports safety was the main focus of the Sports Injury Prevention Conference held yesterday at Launceston's Silverdome. The conference was held by Sports Medicine Australia's Tasmanian and Victorian Branch and executive officer Lynne Sheehan said it was designed to aid athletes as well as to educate trainers, administrators, coaches and first aid providers.

Sunday Examiner, TAS, p.77, 22/2/2009

Circulation - 40,482

School sport aids physical, social and emotional health

As the school year begins, Eastern Shore parents can aid children's health by encouraging physical activity and safer sporting practices. "The health benefits of children being physically active far outweigh inactivity," said Sports Medicine Australia's spokesperson, Professor Geraldine Naughton, from the Australian Catholic University. For further sport safety advice visit www.smartplay.com.au

Eastern Shore Sun, February 2009, p.16

Tips for staying healthy when playing sport at school

Parents have been urged to let their children play sport despite injury and safety concerns. Sports Medicine Australia spokesperson Professor Geraldine Naughton said "the health benefits of children being physically active far outweigh inactivity. Smartplay, Sports Medicine Australia's sports injury prevention program funded by the Department of Health and Ageing, offered timely tips for parents to encourage safer sporting practices this school year to keep children active.

Southern Highland News, NSW, p.60, 25/2/2009

Circulation - 3,094

Weight loss maintenance**Weight Watchers Magazine, Interviewed Dr Ian Gillam****Injury prevention for sports trainers**

In an effort to reduce sporting injuries, Sports Medicine Australia (SMA) NSW will hold an accredited Level 1 Sports Trainer course in Sydney on February 28 and March 1.

Hawkesbury Gazette, NSW, p.69, 25/2/2009**Circulation - 7,726****It's all for one at open day**

It was a case of the 100 multicultural musketeers descending on the Wallace Oval yesterday. The 'All for one goal' open day was held for the benefit of the University of Ballarat English as a second language students, Centre for Multicultural Youth project officer multicultural sport and recreation Belle Woods said.

Ballarat Courier, VIC, p.59, 27/2/2009**Circulation - 18,750****be active '09****AusPaNet Enews**