

## **SMA/Smartplay media review January 2009**

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### **Camp to teach sport safety**

Every year more than one million Australians are injured playing sport. To help further reduce injuries in sport, Sports Medicine Australia (NSW Branch) will hold its 2009 sports trainer camp at the University of New England in Armidale from January 18-22. For further information see [www.smansw.com.au](http://www.smansw.com.au)

***Coffs Coast Independent, QLD, p.29, 2/1/2009***

**Circulation - 31,179**

### **Look after your body in the heat**

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](http://www.sma.org.au) for more information.

***Southern Highland News, NSW, p.2, 5/1/2009***

**Circulation - 2,958**

### **Kids should exercise in cooler times**

Children are at a greater risk of developing exercise-induced heat illness as their bodies respond less efficiently to heat, according to new research from Sports Medicine Australia. SMA spokesperson, Dr Rob Reid said people needed to be aware of the symptoms of heat illness so they could look out for it.

***Ipswich Advertiser, QLD, p.8, 7/1/2009***

**Circulation - 34,769**

### **Screen watching kids a concern in the holidays**

Screen watching is now the main form of children's recreation during school holidays, new research has shown. Study author, Professor Tim Olds, from the University of South Australia, said the findings were concerning given children spend 25 per cent of the year on holidays. To help get kids active these holidays, Sports Medicine Australia advises parents to limit television...

***Pilbara News, WA, p.10, 7/1/2009***

**Circulation - 6,450**

### **Get fit, but take it slowly**

People eager to lose weight and get fit as part of their new year's resolutions have been advised to take it easy. Each year, one in 17 Australians suffers a sports-related injury, according to Sports Medicine Australia. Victorian Branch president, David Bolzonello said up to half of all sports injuries were preventable.

***Mail Maribyrnong, VIC, p.9, 7/1/2009***

**Circulation - 27,569**

### **Get fit, but take it slowly**

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***Williamstown Advertiser*, VIC, p.9, 7/1/2009**

**Circulation - 13,468**

### **SMA NSW SSP Sports Trainer Camp**

**ABC Tamworth, NSW, Interviewed Shaun Dutailis**

### **SMA NSW SSP Sports Trainer Camp**

**2AD Armidale, NSW, Interviewed Shaun Dutailis**

### **New safety guidelines for children in sport**

The Australian Government has moved to make sport safer for young Australians with the launch recently by the Federal Minister for Sport, Kate Ellis, of new national guidelines for promote safety in sport and a national sport injury prevention program. To access the Safety Guidelines for Children and Young People in Sport and Recreation and Smartplay visit [www.smartplay.com.au](http://www.smartplay.com.au)

***Narrandera Argus*, NSW, p.11, 8/1/2009**

**Circulation - 1,308**

### **Ease into new year**

People eager to lose weight and get fit as part of their new year's resolutions have been advised to take it easy. Each year, one in 17 Australians suffer a sports-related injury, says Sports Medicine Australia. Victorian Branch president, David Bolzonello said up to half of all sports injuries were preventable.

***North West Advocate*, VIC, p.18, 13/1/2009**

**Circulation - 29,891**

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***The Advocate Sunshine*, VIC, p.18, 13/1/2009**

**Circulation - 46,130**

### **Exercise safely this summer**

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 says heat injuries can be avoided, if the right precautions are taken. For further advice on how to exercise safely this summer, visit [www.sma.org.au](http://www.sma.org.au)

***Moorabool News*, VIC, p.19, 13/1/2009**

**Circulation - 2,500**

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**Whittlesea Review, VIC, p.8, 13/1/2009**

**Circulation - 5,000**

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**Maryborough Herald, QLD, p.25, 14/1/2009**

**Circulation - 12,457**

### **Safety in sport and recreation**

#### **Royal Children's Hospital Handbook**

#### **Spinal matters**

As families prepare for the new school year NSW Health advises parents to think about choosing the right backpack for their child's growing spine. NSW Health advises parents to take note of the following tips when choosing the right school backpack. Look for one that carries and endorsement by a back care professional organisation such as the Australian Physiotherapy Association or Sports Medicine Australia.

**Hawkesbury Gazette, NSW, p.49, 21/1/2009**

**Circulation - 7,974**

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**Hawkesbury Courier, NSW, p.19, 22/1/2009**

**Circulation - 20,452**

### **Beat the heat on the field and in the gym**

At this time of the year, people both young and old are signing up to play sport or starting a new exercise regime. But with summer in full swing, it is important to prepare for the hot conditions or risk heat injury, warns Sports Medicine Australia (SMA). For more advice on how to exercise safely visit [www.sma.org.au](http://www.sma.org.au)

**Bunyip, SA, p.24, 21/1/2009**

**Circulation - 8,700**

### **Get paid to have a healthy club**

The annual Healthway Healthy Club sponsorship round is now open and local clubs can receive up to \$2,500 to promote healthy lifestyle choices. Organisers Healthway and Sports Medicine Australia say healthy initiatives may include any of the following.

***Kimberley Echo, WA, p.24, 22/1/2009***

**Circulation - 2,500**

### **Vitamin and fitness waters**

**The West Australian, Body + Soul liftout, WA, Interviewed Dr Michael Leveritt QLD**

### **Taking up a new sport**

**ABC South Australia, SA, 27/1/2009, 5.50pm, Interviewed Dr David Bolzonello**

### **Severe dehydration**

**The Age, VIC, 27/01/2009, Interviewed Dr John Brotherhood**

### **OAM for medico dedicated to volunteer work**

Recently retired Forster doctor, Bill Thurlow, has been honoured with an OAM recognising the volunteer work he has done throughout his long career. Dr Thurlow is a fellow and founding member of Sports Medicine Australia (formerly the Australian Sports Medicine Federation\_ and former fellow of the International Sports Medicine Foundation.

***Manning River Times, NSW, p.4, 27/1/2009***

**Circulation - 4,132**

### **Reduce your risk of injury when playing tennis**

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.

***Narrabri Courier, NSW, p.15, 27/1/2009***

**Circulation - 2,737**

### **Tennis fact sheet**

**Pulse 94.7FM, Geelong, VIC, 28/1/2009, 10.50am, Interviewed Dr David Bolzonello**

### **Warm up and cool down**

During mid to late January, many enthusiasts start new exercise regimes to get fit and lose weight gained over the festive season. However without taking suitable safety precautions before starting activities injuries can occur. Sports Medicine Australia NSW President, Rosemary Riley says up to half of all sporting injuries are able to be prevented by following these simple tips...For more information visit [www.smartplay.com.au](http://www.smartplay.com.au)

***Bombala Times, NSW, p.15, 28/1/2009***

**Circulation - 1,500**

### **New safety guidelines for children and young people in sport**

The Federal Government has moved to make sport safer for young Australians with the launch of new national guidelines to promote safety in sport and a national sport injury prevention program. The Safety Guidelines for Children and Young People in Sport and Recreation and the National Smartplay program aims to help schools, teachers, coaches, parents and administrators support safer sporting practices and reduce the risk of injury.

***Actively in touch, Sport and Recreation Tasmania, TAS***

### **CleanEdge**

Sports Medicine Australia has been doing a lot of great work. In addition to the Smartplay initiative they also have another valuable resource, CleanEdge. Content on the CleanEdge website aims to provide information that explores healthy ways to enhance performance and the facts and consequences of doping in sport.

***Actively in touch, Sport and Recreation Tasmania, TAS***

### **Game, set, match to tennis safety**

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. Smartplay, Sports Medicine Australia's sports injury prevention program funded by the Department of Health and Ageing, offers these timely tips to get prepared and minimise the risk of tennis injury. To download the Smartplay Preventing Tennis Injuries Fact Sheet visit [www.smartplay.com.au](http://www.smartplay.com.au)

***Quirindi Advocate, NSW, p.18, 28/1/2009***

**Circulation - 1,832**

### **Wolves recruit Mueller**

Multi-talented Claudia Mueller has been appointed coach of the Brisbane FC Wolves under 15 Division 1 girl's soccer team. She is qualified in natural therapies; has a level 3 sports trainer certificate; works as an athletic performance and injury prevention therapist and is a full professional member of Sports Medicine Australia.

***Wynnum Herald, QLD, p.49, 28/1/2009***

**Circulation - 34,096**

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***Maryborough Herald, QLD, p.26, 28/1/2009***

**Circulation - 12,457**

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***Central Midlands & Coastal Advocate, WA, p.12, 29/1/2009***

**Circulation - 15,000**

### **Sports 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.11, 29/1/2009***

**Circulation - 61,726**

### **Guidelines can help players avoid injuries**

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***Armadale Examiner, WA, p.30, 29/1/2009***

**Circulation - 61,726**

### **Tips on safety**

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***Bega District News, NSW, p.45, 30/1/2009***

**Circulation - 2,892**

### **Fury hot, but not bothered, over concerns**

Incoming A-League side North Queensland Fury may be forced to play the majority of their home matches in the early months of the season as concerns continue to grow that the steamy Townsville climate could mean the postponement of several matches each summer. Should a WBGT test show a reading of 28 or higher - considered by Sports Medicine Australia as an 'extreme risk' for physical sport - the home club must decide whether to proceed with the match.

***Sydney Morning Herald, NSW, p.32, 30/1/2009***

**Circulation - 209,508**

### **Players deal with very hot conditions at the Australian Open**

"Every year people are inspired by the Australian Open are start playing tennis without appropriate preparation. Sadly, this is a recipe for injury," Sports Medicine Australia spokesperson, Dr David Bolzonello said.

***The Canadian Press***