

Sports Medicine Australia media review December 2009

**For full media articles, please contact Amanda Wilson, phone 03 9674 8703
or email amanda@vic.sma.org.au**

Preventing deaths in heatwaves

Colac Otway Shire Council has a new plan to prevent deaths among the elderly, children and poor during heatwaves. The council will release a new bushfire plan for public consultation which outlines the work it will do to protect public health during extreme heat. Council will promote Sports Medicine Australia guidelines to sports clubs and provide water through drinking fountains at reserves.

Colac Herald, VIC, p.13, 27/11/2009

Circulation – 5,172

Residents face risks with heat

Active locals are being warned to prepare for hot conditions or run the risk of heat injury. Sports physician and Sports Medicine Australia spokesperson Dr David Bolzonello said exercising or playing sport in hot or humid conditions could lead to dehydration, heat illness and sometimes the more serious consequences of heat stroke. Dr Bolzonello said heat injuries could be avoided, if the right precautions were taken.

Queensland Times, QLD, p.15, 2/12/2009

Circulation – 10,745

Camp to teach sport safety

Every year over one million Australians are injured playing sport. To help further reduce injuries in sport, Sports Medicine Australia (NSW Branch) will hold its 2010 Sports Trainer Camp at the University of New England in Armidale, NSW from January 17-20. For further information on the 2010 Sports Trainer Camp visit www.smansw.com.au

Milton Ulladulla Times, NSW, p.81, 2/12/2009

Circulation – 6,000

SMA NSW SSP Camp

Armidale Radio, NSW, 03/12/2009, Interviewed Paul O'Dwyer

Exercise safely this summer

With summer here, active people need 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 David Bolzonello, says heat injuries can be avoided if the right precautions are taken.

Coolum and North Shore News, QLD, p.23, 4/12/2009

Circulation – 11,780

Dangers of exercising in the heat

With summer here, anybody who is active needs to prepare for the hot conditions or run the risk of heat injury, Sports Medicine Australia has warned. David

Bolzonello, sports physician and Sports Medicine Australia spokesperson, says heat injuries can be avoided if the right precautions are taken.

Northern Daily Leader, NSW, p.34, 5/12/2009

Exercising during summer

Great Southern FM 90.1, SA, 07/12/2009, 9.40am, Interviewed Dr David Bolzonello

Exercise safely this summer

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Champion Post, NSW, p.12, 7/12/2009

Circulation – 3,200

Smartplay update – extreme weather conditions

As hot weather conditions prevail in the summer months, all those involved in sport can benefit from Smartplay's Hot Weather Policy to prevent heat illness.

Gippsport newsletter

Sports First Aid

Top ten tips for sports first aid. Information provided by Sports Medicine Australia. Visit www.sma.org.au

Active Education 2010 Calendar

Camp to teach sport safety

Every year more than one million Australians are injured during sport. To help further reduce injuries in sport, Sports Medicine Australia (NSW Branch) will hold its 2010 Sports Trainer Camp at the University of New England in Armidale from January 17-20.

Moree Champion, NSW, p.23, 8/12/2009

Circulation – 2,360

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Yorke Peninsula Country Times – Kadina, SA, p.20, 8/12/2009

Circulation – 8,257

How you can cool it

Sports Medicine Australia says preparation is the key to keeping from heat-related injury while exercising. "Those exercising need to know what can contribute to heat illness, such as high air temperature, heavy clothing, high humidity, lack of fitness and high exercise intensity," said Dr David Bolzonello.

Blacktown Sun, NSW, p.21, 8/12/2009

Circulation – 56,417

Trainer wins award

Taryn Commane, from the Chirnside Park Football Club, was October's winner of a national Sports Trainer of the Year award. To be eligible from the national award, trainers must be accredited with Sports Medicine Australia.

Lilydale & Yarra Valley Leader, VIC, p.63, 8/12/2009

Circulation – 40,139

Beginner runners

Runner's World magazine, Interviewed Dr Shane Brun

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Sound Telegraph, WA, p.39, 9/12/2009

Circulation – 42,429

Take care when exercising 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 David Bolzonello says heat injuries can be avoided if the right precautions are taken.

Bombala Times, NSW, p.16, 9/12/2009

Circulation – 1,500

Don't overdo exercise in the heat

With summer here, Sports Medicine Australia has warned anybody who is active to prepare for the hot conditions or run the risk of heat injury. Sports physician and Sports Medicine Australia spokesperson, Dr David Bolzonello says heat injuries can be avoided if the right precautions are taken.

Pilbara News, WA, p.55, 9/12/2009

Circulation – 6,700

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Times Victor Harbor, SA, p.65, 10/12/2009

Circulation – 7,320

Oakleigh Cannons Junior Football Club: Smartplay program

Legislative Assembly Daily Hansard, 10/12/2009

Avoid risk of heat stress

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 David Bolzonello, says heat injuries can be avoided if the right precautions are taken.

Buderim Chronicle, QLD, p.15, 11/12/2009
Circulation – 17,018

You water know

Summer is well and truly here and for most Australians that means dusting off the goggles and diving into the pool of the ocean for a swim. To avoid injuries and keep you in the swim, injury-prevention organization Smartplay recommends these safety tips... For more information www.smartplay.com.au

Herald Sun, VIC, p.77, 14/12/2009
Circulation – 535,000

Smartplay online survey

Smartplay is committed to building safe sporting environments for all communities. Deakin University and Sports Medicine Australia would like to invite all organisations that provide a sporting environment to complete the Smartplay Online Survey.

Valley Sport Newsletter

Exercising when sick

Body + Soul, Sunday Telegraph

Exercising when sick

Body + Soul, Herald Sun

Hot tips for summer action

Sports Medicine Australia says preparation is the key to avoid heat related injury while exercising during the summer months. "Those exercising need to know what can contribute to heat illness, such as high air temperature, heavy clothing, high humidity, lack of fitness and high exercise intensity," group spokesperson Dr David Bolzonello said.

St Marys Star, NSW, p.34, 15/12/2009
Circulation – 41,811

CleanEdge, Smartplay and SMA Safer Sport Program
VSSSA Handbook

Athlete's foot

Runner's World, Interviewed Jeremy Gersh

Supporting safe sport participation

Minister for Finance Michael Daley has announced that applications are now open for the 2010 Sports Research and Injury Prevention Scheme Grants. Development of the state-wide Smartplay injury prevention program.

Manning River Times, NSW, p.34, 15/12/2009
Circulation – 4,116

Heart rate monitors

Choice Magazine, Interviewed Dr Ian Gillam

Injury prevention research grants open

Minister for Finance Michael Daley has announced that applications are now open for the 2010 Sports Research and Injury Prevention Scheme Grants. Development of the state-wide Smartplay injury prevention program.

Byron Shire Echo, NSW, p.43, 15/12/2009

Smartplay online survey

GippSport & Sportslink Gippsland newsletter

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Western Herald, NSW, p.29, 16/12/2009

Circulation – 1,023

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Maryborough Herald, QLD, p.28, 23/12/2009

Circulation – 12,457

Include safety in 'get fit' resolutions

Safety precautions should play part in New Year 'get fit' resolutions to avoid injury, according to Sports Medicine Australia.

Queensland Times, QLD, p.5, 24/12/2009

Circulation – 10,745

Too much exercise causes New Year sporting injuries

Safety precautions should play part in New Year 'get fit' resolutions to avoid injury, according to Sports Medicine Australia.

Home Hill Observer, QLD, p.11, 24/12/2009

Circulation – 1,500

Don't let injury sideline your New Year

Many Riverlanders will put 'get fit' on their 2010 resolutions list, but Sports Medicine Australia has warned safety precautions should be equally important to avoid injury.

Murray Pioneer, SA, p.19, 24/12/2009

Circulation – 6,550

Exercise safely a must in the heat

With this week's high temperatures, those who are active need to know how to be prepared for the hot conditions or run the risk of heat injury, warns Sports Medicine Australia Victorian Branch. Sports physician and Sports Medicine Australia Victorian President, Dr David Bolzonello says heat injuries can be avoided, if the right precautions are taken.

***Corryong Courier*, VIC, p.15, 24/12/2009**
Circulation – 1,200

Don't let injury sideline your New Year exercise

Safety precautions should play part in New Year 'get fit' resolutions to avoid injury, according to Sports Medicine Australia.

***Gympie Times*, QLD, p.4, 29/12/2009**

Circulation – 5,544

Get fit and lose flab, but be safe too, experts warn

Safety precautions should play part in New Year 'get fit' resolutions to avoid injury, according to Sports Medicine Australia.

***Armidale Express*, NSW, p.5, 30/12/2009**

Circulation – 2,405

Bowls champ pays visit

With summer well and truly here - and with it the warmer weather - Sports Medicine Australia is warning people to prepare for the hot conditions or run the risk of heat injury. Further advice is available at www.sma.org.au

***Milton Ulladulla Times*, NSW, p.123, 30/12/2009**

Circulation – 6,000