

# **Sports Medicine Australia media review May 2010**

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**Sports Medicine Australia  
PhysEd VCE 1&2**

**Smartplay Safety Guidelines for Clubs, Associations and Facilities  
PhysEd VCE 1&2**

**SMA ACT Sports First Aid course  
ABC 666, ACT, 30/4/2010, Interviewed Trish Donoghue**

**SMA ACT Sports First Aid course  
2CCC, ACT, 30/4/2010, Interviewed Trish Donoghue**

## **Alcohol will affect your recovery – warning to sportspeople**

Even a moderate amount of alcohol slows recovery from strenuous exercise, a new study has found. The study in the *Journal of Science and Medicine in Sport*, published by Sports Medicine Australia, investigated whether the consumption of alcohol post exercise has an effect on recovery. Sports Medicine Australia Chief Executive Officer, Nello Marino said both studies should be a wake up call to sports clubs whose post game routine included consuming alcohol.

***Donnybrook Bridgetown Mail, WA, p.22, 4/5/2010***  
**Circulation – 957**

## **Alcohol will affect your recovery – warning to sportspeople**

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**Australasian Times**

## **Healthy checklist – heart health**

Sports Medicine Australia's spokesperson, Dr Ian Gillam says it is important to maintain regular exercise to reap the benefits of heart health. "The benefits of exercise are actually specific to what you actually do. If you're looking for cardiovascular health benefits, you have to do aerobic training or cardiovascular training. This means prolonged, submaximal exercise – probably at least 30 minutes in duration.

**Retail Pharmacy magazine, May 2010**

### **Sportspeople warned: alcohol will affect recovery**

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**The Medical News from News-Medical.Net**

### **Alcohol study puts sports clubs on notice**

Proving those post game victory drinks might not be such a good idea, a new study has shown how consuming alcohol after a strenuous exercise session, such as a sporting match, slows muscle recovery. Sports Medicine Australia chief executive officer Nello Marino said the study should be a wake up call to sports people who celebrated at the bar.

**Redcliffe & Bayside Herald, QLD, p.59, 5/5/2010**

**Circulation – 34,486**

### **School playground equipment impacts physical activity levels**

Schools looking to make children more active simply need to provide more balls, skipping ropes, racquets and hoola hoops, a new study has shown. The study based on 3,006 students from 23 Melbourne primary schools, featured in the March 2010 issue of *The Journal of Science and Medicine in Sport (JSAMS)*, published by Sports Medicine Australia, investigated the relationship between school playground characteristics and child activity levels.

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**Summit Sun, VIC, p.13, 6/5/2010**

**Circulation – 1,600**

### **School playground equipment impacts physical activity levels**

**ABC774, VIC, 6.35am, 7/5/2010, Interviewed Dr Lisa Gibbs**

### **School playground equipment impacts physical activity levels**

**2CW, ACT, 7.45am, 7/5/2010, Interviewed Dr Lisa Gibbs**

### **Mothers prove they know best**

Two women at the top of their physically demanding professions show that motherhood is no barrier to achieving your dreams. Sports Medicine Australia board member and spokeswoman Dr Anita Green says there is no reason athletes and dancers cannot return to top level performance, providing they have

support from their partners, family and work environment. Green says that childbirth and child rearing are such physical workouts that she encourages mothers to be as fit as possible.

***Courier Mail, QLD, p.38, 7/5/2010***

**Circulation – 211,230**

### **Why men are running for their lives**

Dr Peter Nathan, Sports Medicine Australia spokesperson, says: "There is some concern that these extreme endurance events may push the body too hard, but further research is needed." He says because older men are less prone to risk taking, they are actually not at greater risk of injury or cycling accidents than younger men.

***Sunday Mail Adelaide, SA, p.4, 9/5/2010***

**Circulation – 300,483**

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***Sunday Mail Brisbane, QLD, p.4, 9/5/2010***

**Circulation – 525,477**

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***Herald Sun, VIC, 9/5/2010***

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***Sunday Telegraph, NSW, p.4, 9/5/2010***

**Circulation – 632,009**

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***Sunday Times, WA, p.4, 9/5/2010***

**Circulation – 315,024**

**Avoid getting injured**

Wintry conditions should not be a barrier to being active. As most cold-related injuries can be prevented with good preparation and the correct equipment. For more information visit [www.smartplay.com.au](http://www.smartplay.com.au)

**Medibank Feelbetter, May-August 2010**

**Sea legs – the effects of sailing on the body**

**Daily Telegraph, NSW, 10/5/2010, Interviewed Dr Andrew Saies**

**Fuel your body with the right food before you exercise**

A study in the *Journal of Science and Medicine in Sport* found that ingesting the equivalent of a 30ml cup of coffee (about 95mg of caffeine) improved the times of runners.

**Women's Health online**

**Old fashioned vs new exercise equipment**

**Herald Sun Sunday magazine, Interviewed Dr Ian Gillam**

**Science explains some of soccer's mysteries**

Those who contend that drinking beer or other alcoholic beverages helps post-match recovery are addled, say medical researchers. In a New Zealand study published in January in the *Journal of Science and Medicine in Sport*, volunteers carried out strenuous exercise, which was followed by a meal. Some drank orange juice, while the other drank OJ and vodka, the equivalent to around eight standard alcoholic drinks. The guinea pigs were measured a day and a half, and then two days and a half, after exercise. The alcohol group had 15-20 per cent less muscular force than the non-alcohol group, and also reported more soreness. "Even moderate amounts of alcohol" are out.

**The Star Phoenix, Canada**

**Safer sport**

Safety is a concern for everyone involved in sport, Sports Medicine Australia leads the way in making it a priority. "At a community level, Sports Medicine Australia is responsible for creating a safe playing field in which all Australians can actively and freely participate," says Paul O'Dwyer, Education Manager for SMA NSW Branch.

**Sports Shorts, Communities NSW, Sport and Recreation newsletter**

**Budget spending on community sport a winner**

Sports Medicine Australia applauds the 2010 Budget's spending on community sport over the next four years. Under the Budget 45,000 community coaches and officials will be able to access additional education and training, some at a subsidised rate. Sports Medicine Australia Chief Executive Officer, Nello Marino says we hope this will provide community sport with the opportunity it needs to improve its capacity in a number of important areas including injury prevention and management.

## **The Medical News from News-Medical.Net**

### **More playground equipment needed**

Schools looking to make children more active simply need to provide more balls, skipping ropes, racquets and hoola hoops, a new study has shown. The study based on 3,006 students from 23 Melbourne primary schools, featured in the March 2010 issue of *The Journal of Science and Medicine in Sport* (JSAMS), published by Sports Medicine Australia, investigated the relationship between school playground characteristics and child activity levels.

**North Central Review (Kilmore), VIC, p.17, 11/5/2010**

**Circulation – 12,581**

### **Alcohol affects recovery**

Even a moderate amount of alcohol slows recovery from strenuous exercise, a new study has found. The study in the *Journal of Science and Medicine in Sport*, published by Sports Medicine Australia, investigated whether the consumption of alcohol post exercise has an effect on recovery. Sports Medicine Australia Chief Executive Officer, Nello Marino said both studies should be a wake up call to sports clubs whose post game routine included consuming alcohol.

**North Central Review (Kilmore), p.18, 11/5/2010**

**Circulation – 12,581**

### **Study little cheer for sportspeople**

A New Zealand study has found that alcohol slows recovery from strenuous exercise, so it might be time to rethink that post-match drink. Sports Medicine Australia chief executive Nello Marino said the study should be a wake up call.

**Narrogin Observer, WA, p.15, 12/5/2010**

**Circulation – 2,523**

### **Sportspeople warned: alcohol will affect recovery**

It's official... a post game tinnie or ten is bad for your muscle recovery. Even a moderate amount of alcohol slows recovery from strenuous exercise, a new study has found. The study featuring in *The Journal of Science and Medicine in Sport* (JSAMS), published by Sports Medicine Australia, investigated whether the consumption of alcohol post exercise has an effect on recovery.

**Southern Free Times, QLD, p.17, 13/5/2010**

**Circulation – 15,267**

### **School playground equipment impacts children's activity levels**

Schools looking to make children more active simply need to provide more balls, skipping ropes, racquets and hula hoops, a new study has shown. The study based on 3006 students from 23 Melbourne primary schools was featured in the March issue of *The Journal of Science and Medicine in Sport* (JSAMS), which was published by Sports Medicine Australia.

**Wagin Argus, WA, p.5, 13/5/2010**

**Circulation - 822**

### **Community sport budget applauded**

Sports Medicine Australia has applauded the 2010 budget's spending on community sport over the next four years. Under the Budget 45,000 community coaches and officials will be able to access additional education and training, some at a subsidised rate. Sports Medicine Australia Chief Executive Officer, Nello Marino says we hope this will provide community sport with the opportunity it needs to improve its capacity in a number of important areas including injury prevention and management.

***The Advocate, QLD, p.14, 14/5/2010***

**Circulation – 4,118**

### **Active kids**

Schools looking to make children more active simply need to provide more balls, skipping ropes, racquets and hoola hoops, a new study published by Sports Medicine Australia has shown.

***Buderim Chronicle, QLD, p.4, 14/5/2010***

**Circulation – 17,018**

### **More playground equipment needed**

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***Kilmore Free Press, VIC, p.13, 14/5/2010***

**Circulation – 4,142**

### **Will Jess have legs to walk onshore?**

Her legs haven't touched land for more days than she cares to remember, but Jessica Watson is determined to walk off her yacht and down a pink carpet today. Experienced yachtsman and Sports Medicine Australia consultant Dr Andrew Saies said sea legs was caused when the messages from the brain to the sensory system become confused. "When you come from a moving platform such as a boat for so long the vestibular system, such as the inner ear which helps us to stay upright and balanced, is used to being told it's on a moving platform, so even when you are back on stable ground it is still believing you are at sea," he said. "Sea legs is most severe in the first 12 to 24 hours and usually lasts up to a week."

***Daily Telegraph, NSW, p.3, 15/5/2010***

**Circulation – 322,456**

### **Teen keen to walk into record books**

Jessica Watson is determined to walk off her yacht and down a pink carpet today, despite knowing she will have "sea legs" so severe she may collapse. Experienced yachtsman and Sports Medicine Australia consultant Andrew Saies said sea legs were caused when the messages from the brain to the sensory system become confused. "When you come from a moving platform such as a

boat for so long the vestibular system, such as the inner ear, which helps us to stay upright and balanced is used to being told it's on a moving platform so even when you are back on stable ground, it is still believing you are at sea," he said. "Sea legs is most severe in the first 12- 24 hours and usually lasts up to a week."

***Weekend Post, QLD, p.2, 15/5/2010***

### **Sportspeople warned: booze delays recovery**

Even a moderate amount of alcohol slows recovery from strenuous exercise, a new study has found. The study in the *Journal of Science and Medicine in Sport*, published by Sports Medicine Australia, investigated whether the consumption of alcohol post exercise has an effect on recovery. Sports Medicine Australia Chief Executive Officer, Nello Marino said both studies should be a wake up call to sports clubs whose post game routine included consuming alcohol.

***Donnybrook Bridgetown Mail, p.23, 18/5/2010***

**Circulation – 957**

### **Welcome budget**

Sports Medicine Australia has applauded the 2010 federal budget's spending on community sport over the next four years. Sports Medicine Australia's Nello Marino said the government-commissioned Crawford report published in November highlighted the fact that volunteers already face increasing costs.

***Southern Courier, NSW, p.135, 18/5/2010***

**Circulation – 47,750**

### **Sport is the winner**

Sports Medicine Australia has applauded the 2010 Budget's spending on community sport over the next four years. Chief Executive Officer Nello Marino said the funds would help build capacity in areas such as injury prevention and management.

***Murray Valley Standard, SA, p.5, 18/5/2010***

**Circulation – 4,060**

### **Active Club workshop**

District club representatives took part in Active Club workshops at Wycheproof last week. After receiving funding from VicHealth's Active Clubs grant program, all successful applicants were required to have a representative attend a Smartplay Active Club Workshop.

***Sea Lake & Whycheproof Times Ensign, VIC, p.3, 20/5/2010***

**Circulation – 1,115**

### **Rope a dope**

Developing new ways to bust doping cheats will be on the agenda next week in Canberra. Sports Medicine Australia will conduct two lectures at the AIS. Dr Jason Mazanov will present the anti-doping lecture.

***Canberra Times, ACT, p.8, 22/5/2010***

**Circulation – 55,000**

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***Buloke Times, VIC, p.9, 21/5/2010***

**Circulation – 1,875**

### **Triathlons**

**Radio National, Interviewed Dr Ian Gillam**

### **Coaches like spend**

Sports Medicine Australia has applauded the 2010 Budget's spending on community sport over the next four years. Sports Medicine Australia provides training to more than 5,000 sports trainers and sports first aiders annually through the Safer Sport Program.

***Hawkesbury Way, p.7, May 2010***

**Circulation – 10,000**