



Can you stop what's coming next?

Online Sports Injury Data Collection, how it helps prevent sports injuries

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Why is injury surveillance important?

- Record of activity if a sports trainer
- Build a picture of what is happening in your club
- Help you compare what is happening in your club to other data sets



- Help your club plan prevention strategies for the most common injuries
- Help your club build the capacity of your sports trainers to deal with the most common injuries
- Collate insurance information



What do you use to record injury?

[Injury report forms?](#)



What is it?

• SIT is an online system that allows community sports personnel to record, store and analyse data

And

• to develop strategies to address sports injuries occurring in their sport.



SIT is suitable for all levels of sports and events, it is;

- accessible and easy to use
- an alternative to a paper-based system
- ensures consistency in data collected

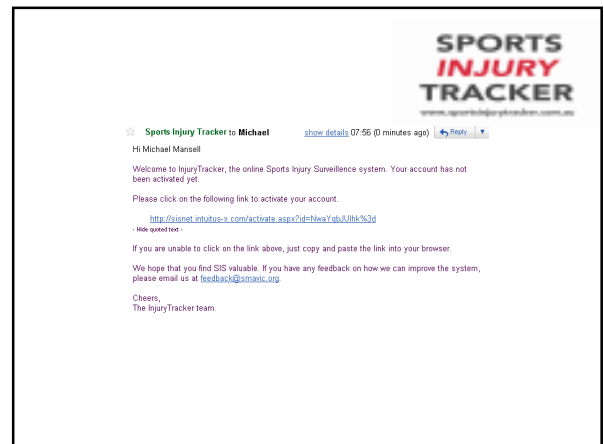


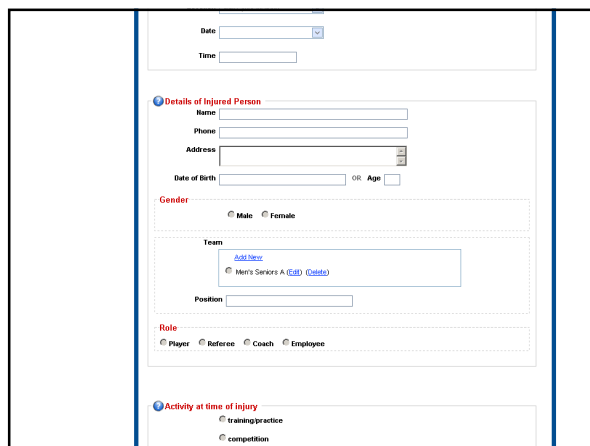
- can draw reports from data entered for certain periods
- reports can be used to better understand sport risk issues and to support efforts to address these issues.

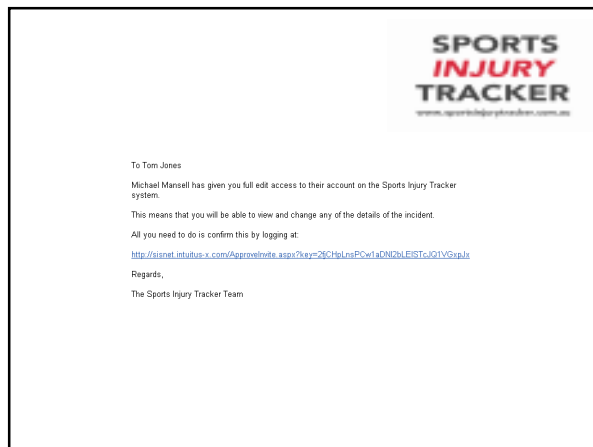
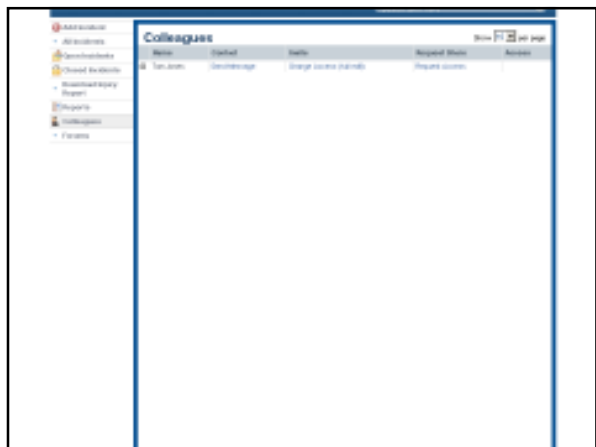


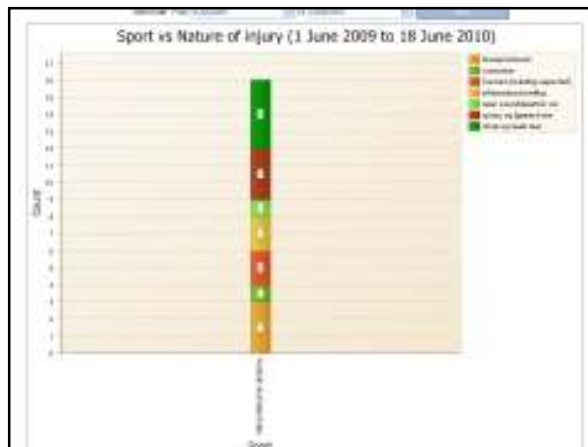
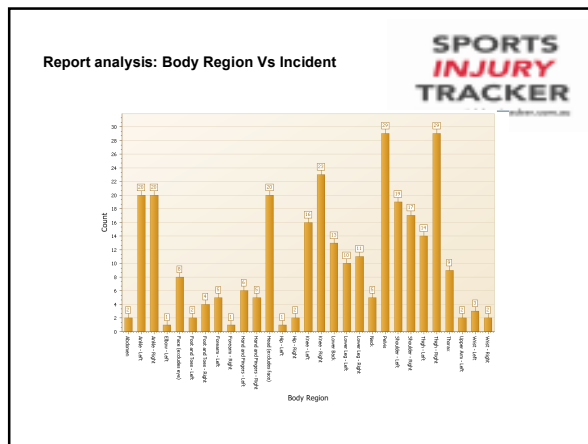
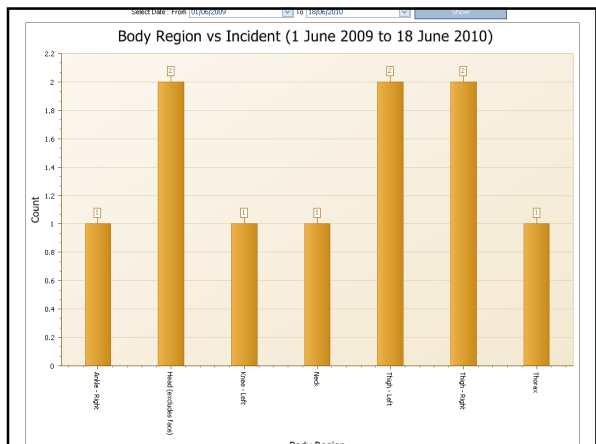












SPORTS INJURY TRACKER
www.sportsinjurytracker.com.au

Causal factors



Causal factors....

Possible causes for results that indicate a high prevalence of injury include:

- No warm up or pre game preparation
- Ill fitting protective equipment
- Footwear
- Game Equipment



Causal factors cont...

- Prior Injury
- Poor player technique



Ways to prevent the injuries:

- Thorough warm ups
- Ground checks
- Equipment checks
- Provide different sized equipment or ensure that players are property fitted



Recommendations

- Have qualified safety personnel
- Have appropriate safety equipment
- Provide sufficient time for rehabilitation for injury
- Have qualified coaching staff



Resources

- www.smartplay.com.au – Informational resources on sport specific injury prevention information, mouthguard and footwear safety, Injury prevention principals of Warm Up, Drink Up, Gear Up and Fix Up.
- vic.sma.org.au – Safer Sport training including Level 1 Sports Trainer, Sports First aid and Advanced Taping.



Questions ?