



Safety in Schools Week May 17th to 21st 2004

Sports Medicine Australia Activity

Agency

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Activity Title

- Sport Safe
- Warm up workshop
- Sports Injury Prevention Workshop

Curriculum Framework Activity Outcomes

Learning Area	Learning Outcome	Specific Learning
Health & Physical Education	1. Knowledge and Understandings	<ul style="list-style-type: none">▪ Sports first aid and injury prevention▪ Protective behaviours▪ Understand role of the health agency▪ Recognise safe environments ie playing areas▪ Drugs in sport issues including social, cultural, environmental and political factors that influence an athlete's well-being and participation in sport
	2. Attitudes & values	<ul style="list-style-type: none">▪ Recognise and value safe sporting environments and participation▪ Identify the rules of sport with regards to doping and the ethical considerations involved.
	3. Skills for physical activity	<ul style="list-style-type: none">▪ Skills to conduct safe & effective warm up, stretching and cool down sessions.

Phases of development

Middle childhood – early adolescence

Activity resources required

Sports Medicine Australia (SMA) will organise a Sports Medicine presenter to conduct a presentation/workshop/course for teacher's professional development or students. These include:

- Warm up workshop (WUW)(1 hour workshop)
- Sports Injury Prevention Workshop (SIPW) (1.5 hours)
- Sports Medicine Awareness Course (SMAC) (3 hours)
- Drugs in Sport Presentation (DIS) (45min – 1hr)

Overhead projector or LCD projector required.
Area for practical session i.e. indoor gym or oval.
SMA will provide all other resources.

Alternatively students and teachers can visit www.smawa.asn.au or www.smartplay.net.au and click on the sports injuries button to work through the procedures to keep sport safe and injury free.

Procedure

Organise a course to be conducted for staff, students or parents at your school (www.smawa.asn.au) or have the class visit the Smartplay website for ideas on how to keep Sport Safe.

Student Activity:

1. In Small Groups discuss the different types of sports you play at school.
2. Pick one sport you are all familiar with – list the different types of Safety Equipment you can use to prevent injuries while playing your chosen sport eg. mouthguard, helmet.
3. Trace the outline of a class member on a piece of butcher's paper. Class to identify types of injuries that can occur at various joints or muscles on the body.
4. Complete a stretching session through SMA or with Yoga teacher.
5. Log onto the Smart Play website at www.smartplay.net.au. Follow the procedures and prompts.
6. Discuss what the students learnt from conducting the activities on the website.

Community Links

School could conduct a Sports Medicine Awareness Course or taping workshop for parents during SISW.

Policy and Procedures

Are you aware of the schools written Health and Safety Policy? If not:

- Check with administration
- Refer to the Department of Education Risk Management Policy,
- Visit the Safety Rules OK! website for guidelines
www.safetyrules.health.wa.gov.au

Do you have safety structures and procedures in place? For example:

- Are teachers encouraged to undergo first aid or sports injury prevention? (structure)
- Are first aid kits appropriately stocked and maintained ? (procedure)
- Are injury records kept for teachers and students?

Other resources available

- Sport Safe brochures and posters
- Drugs in Sport cross curricular resource (available mid 2002)
- Drugs in Sport CD Rom "Drug Test" which was distributed by the Lions Drug Awareness Foundation to every secondary school in Australia.
- Blood Rule OK – Infectious blood borne diseases video