



Safety in Schools Week May 13th to 17th 2005

Sports Medicine Australia Activity

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Activity Title	Sport Safe <ul style="list-style-type: none"> • Warm up workshop • Sports Injury Prevention Workshop
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Curriculum Framework Activity Outcomes

Learning Area	Learning Outcome	Specific Learning
Health & Physical Education	1. Knowledge & Understanding 2. Attitudes & Values 3. Skills for physical activity	<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 ▪ Recognise and value safe sporting environments and participation ▪ Identify the rules of sport with regards to doping and the ethical considerations involved ▪ Skills to conduct safe & effective warm up, stretching and cool down sessions

Phases of Development	Middle Childhood – Early Adolescence
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Activity Resources Required	<p>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:</p> <ul style="list-style-type: none"> • 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) • Sports Medicine Workshop – range of topics <p>Overhead projector or LCD projector required. Area for practical session i.e. indoor gym or oval. SMA will provide all other resources.</p> <p>Alternatively teachers can visit www.smawa.asn.au and click on the <i>course information</i> button for further information on SMA's community seminars and workshops. The <i>drugs in sport</i> button will link teachers to information on this topic.</p>
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<p>Procedure</p>	<p>Organise a course to be conducted for staff, students or parents at your school (www.smawa.asn.au)</p> <p>Student Activity:</p> <ol style="list-style-type: none"> 1. In <i>small groups</i> discuss the different types of sports you play at school or sports club. 2. Pick one sport you are all familiar with – list the different types of <i>safety equipment</i> 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. Students to brainstorm any injuries they have experienced in sport. Ask them to see if they can also describe how the injury happened and how it could have been prevented. 5. Download injury fact sheets and brochures from the website. 6. Complete a warm up session through SMA or with PE teacher.
<p>Community Links</p>	<p><i>School could conduct a Sports Medicine Awareness Course or taping workshop for parents during SISW</i></p>
<p>Policy and Procedures</p>	<p>Are you aware of the schools written Health and Safety Policy? If not:</p> <ul style="list-style-type: none"> • Check with administration • Refer to the Department of Education’s Risk Management Policy • Visit the Safety Rules OK! website for guidelines www.safetyrules.health.wa.gov.au <p>Do you have safety structures and procedures in place? For example:</p> <ul style="list-style-type: none"> • Are teachers encouraged to undergo first aid or sports injury prevention courses? <i>SMA website has all the course details for you.</i> • Are first aid kits appropriately stocked and maintained? <i>MediChill, Sports Injury Solutions can help your school stock up with ice packs and first aid kits.</i> • Are injury records kept for teachers and students? <i>If not, download SMA’s injury report forms from the website.</i>
<p>Other Resources Available</p>	<ul style="list-style-type: none"> • Sport Safe brochures and posters <ul style="list-style-type: none"> ➢ Schools Subscription membership forms ➢ The administration of medications by non-medical personnel ➢ Specific injury brochures – hamstring, eye, head, ankle, knee • Blood Rules, OK – Infectious blood borne diseases video • Drugs free cards • Western Australian Sports Injury Study, Sports Medicine Australia (WA) • Warm Up/Cool Down booklet – activities for children • MediChill catalogue and order forms