



# Safety in Schools Week June 12th to 16th 2006

## Sports Medicine Australia Activity

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<b>Activity Title</b>	SPORT SAFE <ul style="list-style-type: none"> <li>• Warm Up/ Cool Down Workshop</li> <li>• Sports Injury Prevention Workshop</li> </ul>
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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"> <li>• Sports first aid and injury prevention</li> <li>• Protective behaviours</li> <li>• Understand role of the health agency</li> <li>• Recognise safe environments ie playing areas</li> <li>• Drugs in sport issues</li> <li>• Recognise and value safe sporting environments and participation</li> <li>• Identify the rules of sport with regards to safe sport and the ethical considerations involved</li> <li>• Skills to conduct safe &amp; effective warm up, stretching and cool down sessions</li> </ul>

<b>Phases of Development</b>	Middle Childhood – Early Adolescence
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<b>Activity Resources Required</b>	<p>Sports Medicine Australia is committed to education in WA in the prevention, management and rehabilitation of sporting injuries in order to make sport safer for all participants at all levels of competition. 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"> <li>• Warm Up Workshop (WUW) (1 hour workshop)</li> <li>• Sports Injury Prevention Workshop (SIPW) (1.5 hours)</li> <li>• Sports Medicine Awareness Course (SMAC) (2 hours)</li> <li>• Drugs in Sport Presentation (DIS) (45min – 1hr)</li> <li>• Sports Medicine Workshop – range of topics i.e., Nutrition/ Fluid Hydration/ Adolescent Growth Injuries</li> </ul> <p>Alternatively teachers can visit <a href="http://www.smawa.asn.au">www.smawa.asn.au</a> and click on the "Course Information" button for further information on SMA's community seminars and workshops. The "Drugs in Sport" button will link teachers to information on this topic.</p>
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<b>Procedure</b>	<p>Organise a course to be conducted for staff, students or parents at your school (<a href="http://www.smawa.asn.au">www.smawa.asn.au</a>)</p> <p><b>Student Activity:</b></p> <ol style="list-style-type: none"> <li>1. In <i>small groups</i> discuss the different types of sports you play at school or sports club.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>5. Download injury fact sheets and brochures from the website.</li> <li>6. Complete a warm up/ cool down session through SMA or with a PE teacher.</li> </ol>
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<b>Policy and Procedures</b>	<p><b>Are you aware of the school's written Health and Safety Policy? If not: -</b></p> <ul style="list-style-type: none"> <li>• Check with administration</li> <li>• Refer to the Education Department's Risk Management Policy</li> <li>• Visit the Kidsafe WA Website for guidelines <a href="http://www.kidsafewa.com.au">www.kidsafewa.com.au</a></li> </ul> <p><b>Do you have safety structures and procedures in place? For example:</b></p> <ul style="list-style-type: none"> <li>• Are teachers encouraged to undergo first aid or sports injury prevention courses? <i>SMA website has all the course details for you</i></li> <li>• Are first aid kits appropriately stocked and maintained? <i>MediChill, Children' Health Solutions can help your school stock up with ice packs and first aid kits.</i></li> <li>• Are injury records kept for teachers and students? If not, download SMA's injury report forms from <a href="http://www.sportsmedicine.com.au">www.sportsmedicine.com.au</a>.</li> </ul>
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<b>Other Resources Available</b>	<ul style="list-style-type: none"> <li>• Sport Safe brochures and posters <ul style="list-style-type: none"> <li>➢ What you need for a SPORT FIRST AID KIT</li> <li>➢ The administration of medications by non-medical personnel</li> <li>➢ Specific injury brochures – hamstring, eye, head, ankle, knee</li> </ul> </li> <li>• Blood Rules, OK – Infectious blood borne diseases video</li> <li>• Drugs Free cards</li> <li>• Western Australian Sports Injury Study, Sports Medicine Australia (WA)</li> <li>• Warm Up/Cool Down booklet – activities for children</li> <li>• MediChill catalogue and order forms</li> </ul> <p><b>Prices (GST inclusive) plus postage &amp; handling</b></p> <ul style="list-style-type: none"> <li>• Brochures: \$0.50 ea for more than 20</li> <li>• Posters: \$2.20 ea</li> <li>• Warm up/ Cool down/ games booklet 1 - 20 copies \$5.50 ea 20 + copies: \$3.30 ea</li> </ul> <p>To help your school and Health/Physical Education learning curriculum area keep up to date with the latest sports medicine trends, issues and research, SMA (WA Branch) is offering <b>School Subscriptions</b> for 12 month or 24 month period.</p> <p><b>Sports Care</b> is a specialised service provided by Sports Medicine Australia for sports events. Our travelling team of doctors, physiotherapists, nurses and sports trainers make your sports safer by treating injured athletes and advising you on injury prevention.</p> <p>School Subscription benefits and Sports Care details are available from the Sports Medicine Western Australia Branch at <a href="http://www.sportsmedicine.com.au">www.sportsmedicine.com.au</a></p>
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