

# Smartplay Tips

**Always adequately warm up before training and the game.  
This helps minimise the risk of injury.**

A regular and consistent cool down regime, that includes light activities such as walking or light jogging and static stretching will help promote recovery, improve flexibility and reduce the risk of injury.

For soft tissue injuries (i.e. sprains, strains and bruises) remember to follow the RICER regime:

<b>R</b>	<b>est</b> Rest the injured player and the injured body part. Further activity will aggravate the injury.
<b>I</b>	<b>ce</b> Apply ice for 20 mins every 2 hours. Do not apply ice directly to the skin as ice burns can occur. Wrap ice in a towel or something similar.
<b>C</b>	<b>ompression</b> Apply a firm compression bandage above and below the injury site to reduce swelling.
<b>E</b>	<b>levation</b> Raise the injured area above the level of the heart to reduce swelling and pain.
<b>R</b>	<b>eferral</b> Early referral to a health professional will provide specific diagnosis and an appropriate rehabilitation program.

If you do sustain an injury, avoid heat, alcohol, additional exercise and massage in the first 48-72 hours.

If you have an existing injury you should gradually return to training under the direction of a health professional. Injured athletes should not return to training or competition unless fully recovered. As a general guide, injured athletes should be able to complete one full week of training at full pace prior to returning to competitive game situations.

If there's protective gear for your sport – **WEAR IT**. Make sure it fits well. If you play a contact/collision sport, always wear a mouth guard fitted by a dentist.

**Smart Play** by conducting regular safety inspections of playing areas and equipment

**Be Blood Aware** get immunised against Hepatitis A & B; if an athlete is bleeding – stop the bleeding, dress the wound, clean up the blood; Wear latex gloves whilst handling blood or blood products; Don't share equipment (drink bottles, mouth guards, towels etc.)

**Drink Plenty of Fluids** before, during and after training or playing. Thirst is not a good indicator of hydration.

## EDUCATION IS THE KEY!

Encourage club members to practice **SMARTPLAY** and attend an **SMA injury Prevention Workshop or Sport First Aid/Sports Trainer Course**.

