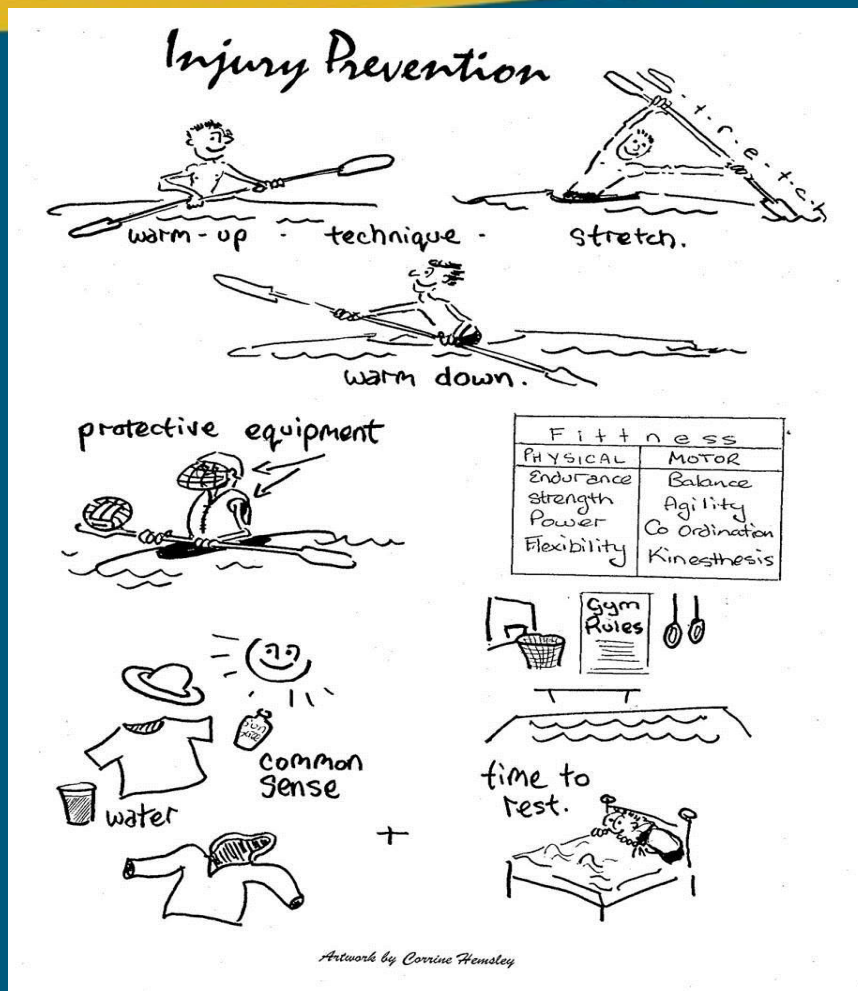


Injury prevention



Injury prevention

By promoting awareness and good habits, the coach educates players in injury prevention

Injury prevention is considered in the following areas:

- ① health and fitness
- ① rules of play
- ① equipment
- ① technique
- ① training

Injury prevention

- ◎ Health and fitness
 - > A healthy and fit body is the first step to enjoying sport

- ◎ The coach should be aware of:
 - > the fitness level of each player
 - > any injuries
 - > any special needs
 - > nutrition and sleep requirements
 - > disabilities and health issues
 - > hydration, hypothermia, sun stress

Injury prevention

- ◎ Rules of play
 - > The rules were developed to reduce the chance of injury
 - > Players must know the rules
 - > Enforce the rules during training
- ◎ Equipment
 - > Scutineer boats, paddles, and gear
 - > Goal frames – no protrusions or sharp edges, firmly anchored
 - > Boundary ropes and markers – suitable and safe

Injury prevention

- ◎ Technique
 - > Good paddling and ball handling technique is essential for building strong skills, but are critical for reducing the chance of injury
- ◎ Training
 - > Warm up
 - > Sessions prepared to suit skill level of the players
 - > Be aware of the different skills levels in a session and how they impact the players
 - > Cool down

Technique fundamentals

Module
09



Technique fundamentals

- ⦿ Fit in boat
 - > Hips
 - > Legs
 - > Feet
- ⦿ Posture
 - > Upright, relaxed
 - > Chin up
 - > Maximise distance between sternum and naval
- ⦿ Body rotation
 - > Face where you want to go
 - > Paddle parallel with shoulders
 - > Engage the large oblique muscles for paddling and throwing

Technique fundamentals

◎ **To reduce shoulder dislocation**

- > avoid moving the arm to a position that places the shoulder in an awkward position
- > keep arms bent to absorb shock
- > elbows should not extend past the line of the back
- > avoid hyperextension of arms

◎ **To reduce risk of rotator cuff injuries**

- > keep elbows close to the body
- > strengthen rotator cuff muscles

What do you think?



What do you think?

