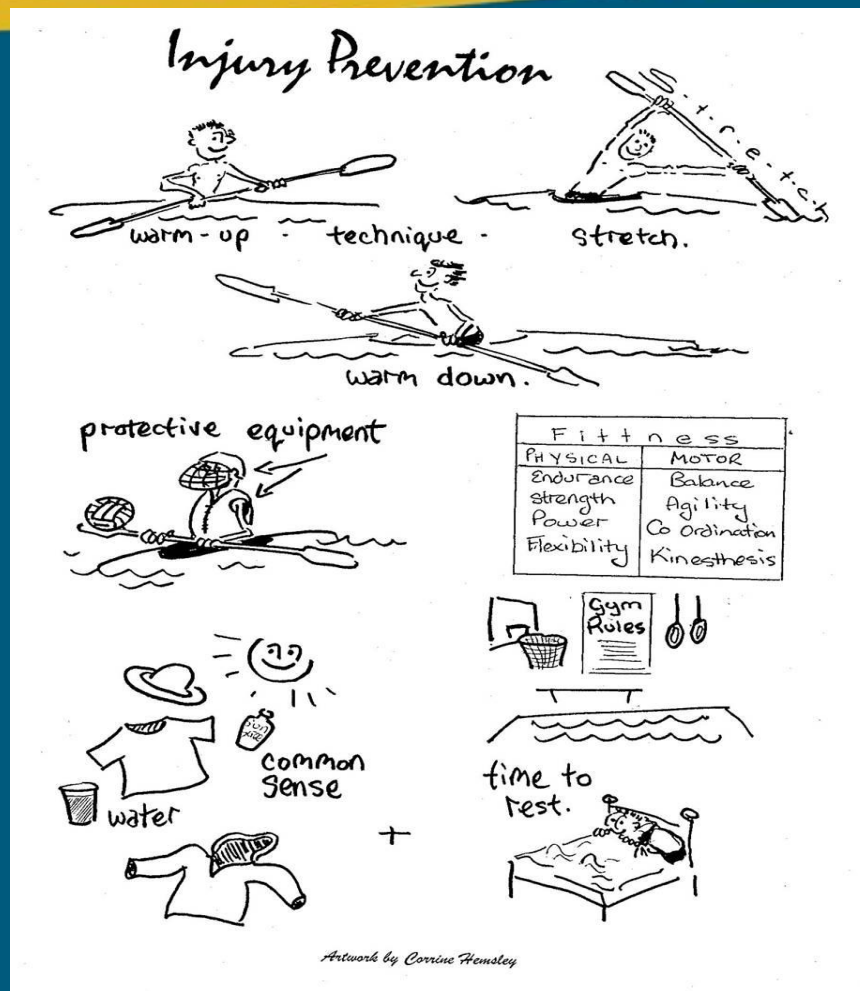


# Injury prevention



# Injury prevention – 1

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 – 2

- ◎ 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 – 3

- ⦿ 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 – 4

## ◎ 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  
08



# Technique fundamentals – 1

- ⦿ 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 – 2

## ◎ 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? – 1



# What do you think? – 2

