



SMARTPLAY

GEAR

Your guide to protective equipment

UP

Don't put your body on the line for sport when protective equipment can save you from injury.

The facts

- ▣ Protective equipment should be worn at all times (training and games).
- ▣ It should fit correctly.
- ▣ It is important to regularly check and maintain protective equipment.
- ▣ Try out equipment prior to using it in competition.
- ▣ Equipment should be specific and appropriate for the sport, size, and age of the athlete.
- ▣ Equipment should always be used according to the manufacturer's guidelines and the recommendations of the sporting body concerned.
- ▣ Remember injuries usually mean time on the sideline - prevention is the key.

Wrist, elbow and knee guards

- ▣ Protective wrist guards are useful to protect from impact when falling onto an outstretched hand.
- ▣ Padded knee protectors absorb impact forces from falls onto concrete and skating surfaces, and collisions with racing poles.
- ▣ Elbows are at risk when falling and padding will reduce grazing and protect the joint from impact.

Shin pads

- ▣ Shin injuries are common in sports where there is a fast moving object e.g. hockey, softball, cricket, lacrosse.
- ▣ Properly fitting shin pads will prevent a large number of these injuries.
- ▣ You should ensure that the shin pads are appropriate for the sport i.e. different shin pads for hockey and soccer.

Shoulder padding and body protectors

- ▣ In tackling sports such as rugby league and union, shoulder protectors are recommended to protect the top of the shoulder joint from impact injury
- ▣ Padded body protectors help to protect the trunk, particularly the chest area, from impact injury in sports such as fencing or softball and baseball (catcher and referee).
- ▣ "Boxes" for boys in sports such as cricket and hockey are essential to protect the genitals.





SMARTPLAY

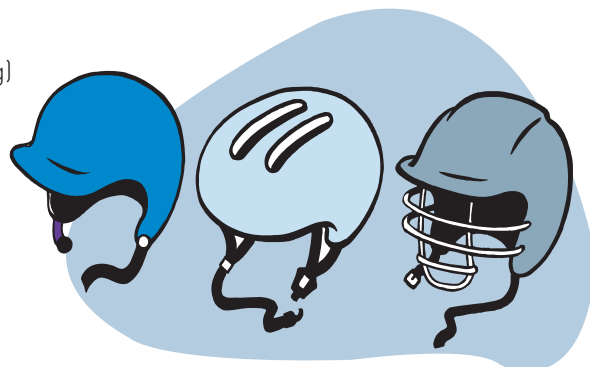
GEAR

Your guide to protective equipment

UP

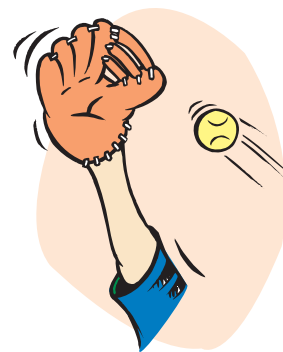
Helmets

- In sports where high-speed collisions are likely (e.g. motorcycling, cycling) hard-shell helmets are of proven value.
- In sports that have the potential for missile injuries (e.g. baseball, lacrosse) or for falls onto hard surfaces (e.g. gridiron, ice-hockey) specific helmets can reduce head injuries.
- Helmets should be approved by the sporting association concerned.



Ankle taping and braces

- Ankle taping and braces can protect the ankle from injury when an athlete lands awkwardly.
- They can be used to protect a previously injured ankle when a player returns to sport.
- Ankle braces and tape can be purchased from your local pharmacy or sports store.
- For advice about what type of braces to buy and how to tape effectively, contact your local sports physiotherapist, sports doctor or sports trainer.



Gloves

- Protective gloves help to prevent bruising and fractures of the fingers, thumbs and hand in sports such as cricket, baseball and softball.
- Gloves can also protect the hands from blisters in equestrian sports.

Mouthguards

- If participants are involved in sports where they are at risk of a blow to the head or face from either opponents or equipment, they should wear a properly fitted mouthguard.
- A mouthguard correctly fitted by a dentist will protect teeth, stop biting into the lips and act as a cushioned layer between teeth to reduce the risk of concussion and jaw fracture.



Mouthguards should ...

- fit the mouth accurately
- allow normal breathing and speech
- be custom designed and fitted by a qualified professional.

Footwear

- Footwear that fits correctly and is designed for the sport or activity is essential to prevent many injuries. Important features of correct footwear include:

Fit, cushioning and stability

- See a sports podiatrist for more advice on specific foot problems and the correct footwear for you.

 VicHealth

HEALTH THROUGH SPORT




Victoria
The Place To Be

Smartplay is supported by Sport and Recreation Victoria, Department of Human Services and VicHealth.

Smartplay wishes to acknowledge the use of materials and information supplied by Smartplay in South Australia.

www.smartplay.com.au