



BEUMARIS SOCCER CLUB Inc.

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Ground - Community Centre, Reserve Road, Beumaris

Proposed Sports Injury Prevention Strategy

Introduction

Soccer is the most widely played sport in the world – it is played in all continents in over 150 countries. Soccer's popularity is in part due to its lower injury incidence than similar sports. Parents of prospective players evaluate not only the risk of injury but also the commitment to injury prevention by a club when deciding to register their child. At Beumaris Soccer Club (BSC) we have over 450 players ranging from 4-50 years of age. A comprehensive Sports Injury Prevention Strategy is vital for our growing and popular club.

As a club we are committed to ensuring that we provide the very best facilities, coaching staff and equipment for our members. Sports safety and the prevention of injury to our players are of paramount importance to Beumaris Soccer Club. The club is committed to implementing and monitoring all reasonable and practical safety initiatives to manage any foreseeable risk of injury to its members.

Key Points to BSC Injury Prevention Strategy

- Appointment of an Injury Prevention Coordinator
- Identification of our strengths and weaknesses as a club committee with reference to Sports Injury Prevention
- Implementation of specific strategies to address those weaknesses either immediately or allocate resources to address them within a specific time frame
- Set up a reporting procedure for all players, coaches, parents, and supporters
- Budget for sports injury prevention at the beginning of the year.
- Set up a reporting procedure for players and coaches to record injuries
- Playing Surface reporting system
- Improvement of clubrooms
- Sports Safety to be a matter for discussion at all future committee meetings
- Appointment of a medical/paramedical committee member to advise on matters that pertain to injury prevention
- Formalise an Emergency Action Plan Manual in the event of fire or other accidental circumstance in our clubrooms or playing/training area
- Provide continuing education for all players, coaches and team managers
- Safety Survey by all Coaches
- Smartplay and a SportsSafe Award

Injury Prevention Officer (IPO)

The IPO shall be responsible for all matters relating to injury prevention. They shall report to the committee on a monthly, quarterly and annual basis.

The IPO will be primarily responsible for the following issues either directly or by delegation.

- The status of pitch surfaces
- Issue of First Aid Kits
- Halting of any unsafe practices by supporters, players or visiting teams
- Checking of playing and training equipment
- Updating training of all coaches
- Checking of First Aid qualifications
- Issuing the BSC training manual to all coaches. This manual contains approved warm up/stretching; training exercises and cool down routines
- Checking the safety procedures for the visiting team and supporters are in place for all games. This includes cordoning off, parking arrangements, changing room safety and injury management procedures.
- Keeping and updating records of all players' health status at registration. Using the player health screening form. (Attached)

Identification of our strengths and weaknesses as a club committee with reference to Sports Injury Prevention

At the next committee meeting held by the BSC we will discuss our strengths and weaknesses with reference to injury prevention. This matter should be discussed following an inclusive and open opportunity for all players, coaches, supporters, parents, officials and local community to have input into the issues they feel should be discussed. Advice of this opportunity should be advertised in newsletters, emailing lists, our own website and local newspaper. By being inclusive of all interested groups we are more likely to produce a comprehensive list of strengths and weaknesses that can then be discussed by the executive members of the committee. BSC would also like to invite a representative from Smartplay to attend this meeting. Smartplay's expertise would be warmly welcomed by BSC. The advice and suggestions from Smartplay would further benefit and strengthen the possible outcomes of such a meeting.

Implementation of specific strategies to address those weaknesses either immediately or allocate resources to address them within a specific time frame

Following extensive consultation with all the relevant parties such as the executive committee, the club community, Smartplay, the local Bayside Council and the wider community our treasurer will need to price the initiatives that we decide upon. These initiatives may be short or long term. These costs will then need to be agreed upon both in terms of implementation dates and costing.

Set up a reporting procedure for all players, coaches, parents, and supporters

BSC has already been using a comprehensive reporting system for all injuries sustained at training or game days. This recording system was designed in conjunction with our medical/allied health expert as well as coaches and committee members.

Players enter information about the injury; date of injury, time of injury; location of the injury; provisional diagnosis; action taken at the time of injury; names of any witnesses. The coach or other club representatives then second this information.

This information is very important in providing an audit of all injuries, helping in tracking the outcome of injuries, possibly identifying any unsafe training practices or surfaces and fulfils our insurance requirements.

Playing Surface reporting system

In 2004 BSC took an active role in assessing our playing surfaces. Regular and intensive use of all pitches together with low rainfall led to a severe degradation of all our main playing surfaces. This increased the risk of injury to our players as well as reduced the quality of our training and match play.

To address this serious problem our club committee spent over \$1500 on repairing the pitches in conjunction with Bayside Council. This involved reseeding, irrigating and relaying where necessary. We have also got in place an active planning system to avoid prohibiting use of our main pitch as well as reduced usage of the surrounding pitches during the off season. This is particularly important at this time of the season due to the harsher summer conditions.

The IPO shall be responsible for reporting on the playing surfaces to the BSC committee.

Improvement of clubrooms

In 2004 BSC completed the clubrooms upgrade project. The club spent \$35000 of its own funds together with a matching grant from Bayside Council to renovate and upgrade its changing rooms, meeting room, canteen and equipment storage areas. This has led to a much needed and improved clubroom, which is safer, modern and more spacious. The building of course met all building and town planning requirements with respect to emergency exits, signage, fire extinguishing, electrical/plumbing installations.

Budget for sports injury prevention at the beginning of the year.

Having discussed and decided upon our strengths and weaknesses in relation to sports injury prevention, then allocated funds for addressing our weaknesses in 2005 we will need to budget for further allocations in 2006. This will become an annual allocation in our budget and reviewed quarterly.

Sports Safety to be a matter for discussion at all future committee meetings

Sports safety will be a standing item on all future committee meetings. We are fortunate to have a wide variety of professions represented at our committee meetings. In particular we have a sports trainer, osteopath and a teacher on our committee. We also have a wide cross section of members with invaluable expertise in a wide range of relevant areas we can draw upon. This expertise will be useful in all future discussions about this important topic.

Appointment of a medical/paramedical committee member to advise on matters that pertain to injury prevention

Since 1999 we have had a medical/allied health professional at our club. They have been responsible for implementation of many initiatives related to injury prevention such as a uniform stretch/warm up routine, mandatory reporting of injuries and injury management at game days. In late 2004 BSC appointed an Osteopath to the committee. They have been responsible for all matters related to injuries and injury prevention. They have been responsible for the trainer's manual, which is issued at the start of the pre season to all coaches and managers. The manual includes information on warm up/stretching, evidence based training techniques and drills, cool down/stretching, first aid information, Emergency Action Plan as well as important contact information.

Formalise an Emergency Action Plan in the event of fire or other accident or incident in our clubrooms or playing/training area

At BSC we have an Emergency Action Plan, which addresses procedure in the event of an emergency. This includes injured players at training or game days, fire in the clubrooms or playing area, building damage. To formalise this procedure we, as a committee will need to distribute these procedures to all members by way of our quarterly newsletter. We will also need to put posters up in our clubrooms to educate all players and the wider club community.

Provide continuing education for all players, coaches and team managers

In 2004 BSC won a grant from Vic Health of \$2000 to spend on sports safety. We have already allocated this money to a subsidised Sports Trainers Course for all coaches, trainers and parents at the club. This is part of our commitment to continuing education in the field of sports injury prevention and management, insuring that we are using best practice when it comes to this vital area of responsibility. We hope to run the first course in May 2005.

Safety Survey by all Coaches

In 2004 BSC compiled an extensive sports safety survey and issued this to all our coaches. The feedback from this survey helped to target our injury prevention strategy in 2005. We have approved another survey to be undertaken at the end of this season to gain feedback from not only coaches but also the club at large about our sports injury prevention initiatives.

Smartplay and a SportsSafe Award

We would like to use this opportunity in thanking Smartplay for giving us the incentive to prepare and present our Sports Injury Prevention Strategy.

As a club we would like to discuss the possibility of a SportsSafe Award Program. This program would reward clubs that have appropriate Prevention strategies and effective implementation of the strategies.

Successful clubs would then be able to advertise a logo indicating that they are a SportsSafe Club.