



SAFETY OF BOOT CAMPS TO BE INVESTIGATED

Sports Medicine Australia - ACT Branch and Fitness ACT are to carry out the first study ever conducted into injury rates and safety of Canberra boot camps, the new fitness trend based on military-style intensive physical and mental training.

This was announced today by Mr Simon Dolesji, Executive Officer of SMA-ACT Branch.

The study is supported by Fitness ACT.

Local researcher Dr Dion Klein from Healthy Worksites will coordinate and analyse the results of the study.

"SMA-ACT Branch wants to find out whether or not those undertaking boot camp programs are experiencing the kinds of injury we see in other fitness and sporting activities," Mr Dolesji said.

"If we know the types of injuries that are occurring in boot camp classes, we can better train the instructors for both program design and injury prevention and treatment."

The organisers ask that anybody who has taken part in boot camp activities in the ACT should complete the study form which can be obtained from the SMA-ACT website at www.smartplay.com.au by email from admin@sportsmedicineact.org.au or from SMA ACT at ACT Sports House, 100 Maitland Street, Hackett, ACT 2602.

"No studies have been conducted to date into injury rates and safety standards of boot camps in the ACT," Mr Dolesji said.

"Sporting organisations and agencies have been conducting this kind of research for many years," Mr Dolesji said.

"We think that it is time to take the same proactive approach to injury risk management in the new boot camp phenomenon.

"The overriding objective is injury prevention."

Sports Medicine Australia -- widely acknowledged as the world's leading multi-disciplinary sports medicine body is the peak national body for sports medicine and science professionals who deal with all medical and health issues for active people, from weekend enthusiasts of all ages through to elite level competition.

Fitness ACT is the peak body for the fitness industry in the ACT and is affiliated to Fitness Australia, the national association of the fitness industry. It was formally established in 1997 to meet the evolving needs of the ACT fitness industry, the ACT Government and the ACT community.

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media release

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