



media release

Avoid being bowled by injuries this cricket season

With the cricket season underway, cricketers can reduce their risk of injury by following tips from Smartplay's Preventing Cricket Injuries Fact Sheet.

The fact sheet encourages players to prepare their bodies for play – to get the most from their game and most importantly avoid injury.

Each year many cricketers' seasons are cut short due to injuries. In Victoria during the period of 2002-2004, 571 people were admitted to hospitals while 2,003 people visited emergency departments for cricket-related injuries.

"All cricketers, especially bowlers, need to be aware of how to prepare their body to avoid injuries on the cricket field," said Sports Medicine Australia President, Dr Bruce Mitchell.

"Because cricket is a non-contact sport, people think they won't get injured and therefore don't prepare their body like they would when playing a contact sport like football.

"This is the wrong assumption to make as all sports need an appropriate amount of preparation. Injury is more likely to come about through inadequate preparation," said Dr Mitchell.

To help prevent injury, Smartplay, Sports Medicine Australia's sports injury prevention program funded by the Australian Government Department of Health and Ageing, offers these timely tips:

- Protect yourself against dehydration, heat stress and sun damage. Wear light coloured and lightweight clothing, sunscreen and a hat.
- Pace bowlers should restrict the number of overs bowled during play, taking into account their physical maturity and fitness. Most junior competitions will recommend over limits for bowlers.
- Warm up, stretch and cool down.
- Learn the proper sliding stop technique.
- Wear the right protective equipment.
- Seek professional advice on footwear.
- Keep the playing environment safe. Remove hazards such as stones and water and make sure the pitch is smooth and clean.

For a copy of Smartplay's Preventing Cricket Injuries Fact Sheet visit www.smartplay.com.au

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