

INJURY PREVENTION

Purpose

The Dandenong Stadium recognises the importance of injury prevention in protecting the health and safety of all athletes, coaches, officials and spectators, as well as others involved in the sport or activity. Protection from injuries cannot be guaranteed but there are several strategies that the Dandenong Stadium will enforce to minimise the risk of injury and increase the enjoyment of participation in the activity.

Policy

General Actions

The Dandenong Stadium is committed to actively implementing practices and strategies to reduce the risk of injury through:

- Making first aid equipment available, including ice packs;
- Encouraging coaches, officials and members to undertake first aid and injury prevention training courses;
- Encouraging warm up and cool down activities among athletes and referees at training sessions and competitions;
- Providing water and water refills for free;
- Encouraging the use of injury prevention equipment if required (e.g. strapping tape, mouthguards); and
- Providing Stadium officials with towels for wiping up sweat or water spills on the court.

Procedure

Injury Prevention Strategies

- Display pictures and information about warm up and cool down activities where possible.
- When possible, have a person qualified in first aid present; and
- Provide injury prevention and first aid training courses when possible.

This policy applies to all Dandenong Stadium players, officials and coaches taking part in activities at the stadium.

The Dandenong Stadium will implement the actions outlined in this policy daily. This policy will be reviewed annually to ensure it remains relevant to the needs of the Dandenong Stadium.
