

AUGUST | 2009

Healthy Club Connection

Sports Medicine
Australia
(WA Branch)

SPORTS MEDICINE AUSTRALIA – WA BRANCH

Welcome

Hi Healthy Clubbers!

We hope all is going well for your sporting season. Now we are well over half way through the sponsorship period, it is a good idea to start thinking about the final reports and what needs to be submitted to us.

You should have now received your evaluation form in the mail. Please be aware of the following when submitting your report.

1. The receipts submitted in your final report need to add up to the total sponsorship money received, as you need to account for all of the money your club was allocated.
2. The receipts submitted need to reflect what was stated in your original application. If you wish to alter this expenditure then it needs to be approved by Sports Medicine Australia prior to the money being spent.

Please remember that queries are welcome! Contact us anytime via email: healthyclub@smawa.asn.au or telephone on 9285 8033.



PO Box 57
Claremont 6910

Phone:
9285 8033

Fax:
9284 9239

Web:
www.smawa.asn.au

Email:
healthyclub@smawa.asn.au



FIX UP
Your guide to injury management

REST Place your self in a comfortable position. Keep the injured area supported. Avoid using the injured area for at least 48-72 hours as continued activity will increase bleeding and damage.

ICE Apply ice to the injured area for 20 minutes, every two hours for the first 48-72 hours after injury. Ice reduces swelling, pain and bleeding. Ice can be used in the following ways.

- Crushed or cubed ice in a wet towel or plastic bag.
- Frozen pea packet in wet towel.
- Cold pack wrapped in wet towel.

Icy or cold water is better than nothing. **Caution:** *Do not apply ice directly to skin.*

COMPRESSION Apply a firm wide elastic bandage over the injured area, as well as above and below. Where possible hold ice in place with the bandage. Between ice treatments maintain bandage compression. Applying a bandage will reduce bleeding and swelling and also provide support for the injured area. **Caution:** *Ensure the bandage is not too tight. Some signs of the bandage being too tight may include numbness, tingling or skin becoming pale or blue. If these symptoms and/or signs develop remove the bandage and reapply again firmly but not as tight.*

ELEVATION Raise the injured area above the level of the heart at all times. A pillow can be used to provide support and comfort. Elevating the injured area reduces bleeding, swelling and pain.

REFERRAL As soon as possible after injury to see a qualified health professional such as a doctor or physiotherapist. This will determine the extent of your injury and provide advice on treatment and rehabilitation required.



healthway

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[Need Help with Policy Development?](#)

As you know, as part of the Healthy Club Program your sporting club is required to develop and implement a healthy club policy. If any club is having difficulty with this task the following information may help.

****Don't forget to submit your policy when completing the evaluation****

7 Easy Steps

1. Put health issues on the agenda

- Raise Healthy Club as an agenda item at each committee meeting

2. Form a committee or group to oversee the development of the policy

3. Evaluate your current practice

- Checklists provided in the Healthy Club Info and Policy Booklet

4. Conduct a needs assessment

- Find out what are the health issues relevant to your club

5. Write the health policy considering:

- What you want to achieve from your policy
- How to ensure everyone is abiding by the policy
- Who will be responsible for monitoring the policy
- What action to take if people do not follow the policy
- How to evaluate the policy
- Policy should be as brief as possible and written in clear language
- Consider feedback provide by members
- Keep the policy to a maximum of two pages if possible

6. Implement the Policy

- You may wish to launch the policy, if so inform the local print media
- Communicate your policy to your members thru the club's newsletter, notice board and websites
- Include the policy with new member information

7. Review and evaluate the policy

NB: A sample Healthy club Policy is available for download from the Sports Medicine Australia website, www.smawa.asn.au

[SMA Community Education Seminar: Coming Events](#)

Emergency Asthma Management Course

The seminar is for anyone who is interested in expanding their knowledge base in dealing with asthma emergencies.

Topics covered:

- What is asthma?
- Differences between asthma medications.
- First Aid, what to do and how to know when it is needed.
- How to clean a spacer correctly.
- Preparing an asthma policy.

Presented by: Asthma Foundation of WA

When: Wednesday 16th September, 6.30 – 9.30pm

Cost: \$50 Register on line www.smawa.asn.au

Advanced Taping

This practical & informative seminar will show you how you can help prevent and manage common injuries to the knee & shoulder. Participants will learn a variety of taping techniques to help athletes return to play, safely.

Presented by: Jeremy Ingram – Physiotherapist (West Coast Eagles FC & Body Logic Physio)

When: Wednesday 26th August, 6.30 – 9.30pm

Cost: \$35 for Non Members, \$25 for Student Non Members & \$25 for SMA Members. Register on line www.smawa.asn.au