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PROTECTIVE EQUIPMENT

APF
thinksafe

PROTECTIVE EQUIPMENT

Protective equipment is there to protect players against injury and should be used wherever possible. Protective equipment includes personal equipment such as mouthguards and headgear, as well as equipment such as padding around goal posts.

Protect your assets



Mouthguards

- Mouthguards reduce cuts to the lip, mouth and tongue, protect teeth and help to prevent jaw injuries.
- Always wear mouthguards in activities with a risk of collision or body contact.

Headgear

Hard helmets such as those worn when cycling or horse riding help to protect the brain from injury in an impact. Soft headgear such as that worn when playing rugby can help to prevent serious cuts to the scalp and ears.

Make sure headgear is approved and appropriate to the sport.

- Headgear must be fitted properly and securely to prevent serious cuts to the scalp and ears.
- Hard helmets must be secure to reduce the risk of concussion and skull fractures.
- Wear hard helmets and face guards in sports involving small, hard balls travelling at high speeds (e.g. hockey, cricket, lacrosse).

Bracing and taping

Bracing and taping can provide some protection against injury to joints.

- Don't use braces and taping to allow an injured player to play while injured.
- If possible, use braces rather than tape, as the effective support provided by taping is generally reduced after 20 minutes of play.
- Braces are reusable, adjustable, and can provide continuous support.

Footwear and eyewear

- Good footwear provides protection from impact and support for the foot and ankle.
- Make sure footwear fits well to provide support, has enough cushioning for absorbing impacts, has a good sole for traction on the surface, and complies with the laws of the game.
- Protective eyewear reduces the impact of fast-moving objects such as balls and racquets.

Padding

Padding absorbs impact, minimising the effect of the impact on the player's body and reducing the risk of injury.

- Always use high-density foam padding around goal posts or other areas of high risk.
- Use padding on areas of the body that are likely to have contact with other players or equipment. Ensure the padding conforms to the rules of the sport.
- Use protective equipment appropriate to the player's gender, for example chest protection for women in contact sports such as rugby, or "boxes" for men in sports such as cricket.

For more information on protective equipment, contact: **the relevant sports organisation:** www.sportnz.co.nz

THE 10-POINT ACTION PLAN FOR SPORTS INJURY PREVENTION

1

SCREENING

2

WARM-UP, COOL-DOWN AND STRETCH

3

PHYSICAL CONDITIONING

4

TECHNIQUE

5

FAIR PLAY

6

PROTECTIVE EQUIPMENT

7

HYDRATION AND NUTRITION

8

INJURY REPORTING

9

ENVIRONMENT

10

INJURY MANAGEMENT

PROTECTIVE EQUIPMENT MUST:

Be used for the intended purpose

Fit well

Be comfortable

Not restrict movement in the sport

Be worn at practices and matches.

WHEN BUYING PROTECTIVE EQUIPMENT:

Buy sport-approved protective equipment

Replace worn-out, damaged or defective equipment

Don't alter the equipment, as this will reduce its effectiveness

Avoid sharing protective equipment between players of different sizes

Make sure the equipment complies with the laws of the sport

Make sure equipment isn't a risk to other players.