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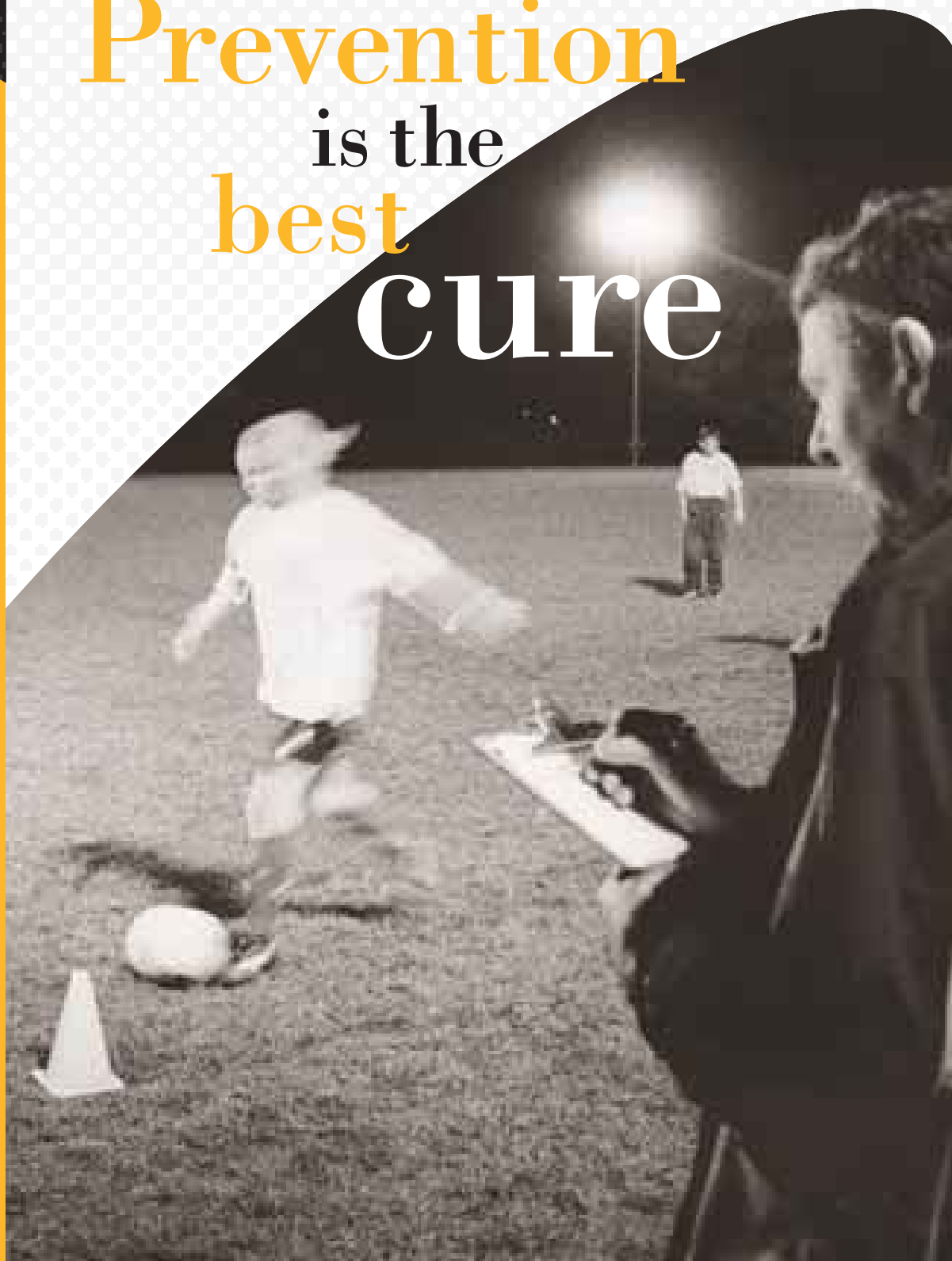
## SCREENING

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Playing sport means preparing well before the sporting season starts. Before pre-season training, every player should be screened to check their health, lifestyle and physical condition. Injuries from the previous season should be assessed to ensure full fitness for return to play. If a player is injured during the season, they should be re-screened to assess whether they are fit to return to play.



# Prevention is the best cure



To help you with screening, this leaflet includes a sample screening questionnaire – you may find it useful as a guide.

## SCREENING – WHAT DOES IT DO?



### Providing useful information

The information you gather from the screening questionnaire has many long-term uses and helps you:

- Prepare emergency plans in advance
- Develop conditioning programmes targeted at individual weaknesses
- Measure the effectiveness of training programmes
- Advise on lifestyle changes
- Find out when a player is 90% to 100% fit and ready to return to play after an injury
- Identify and manage psychological factors such as a player's tendency to take risks, their level of confidence and attitudes towards opponents.

### Keys to a successful screening programme

- Tailor screening programmes to each player's needs.
- Include coaches, medical professionals, players and parents in the planning process.
- Confidentiality is important – seek the player's permission to share personal details with other support people and consider confidentiality when deciding how to store the information.
- Balance the need for secure storage with the need for quick access to the information in the event of an injury. It is worth planning how you will access records at games and training, while ensuring they are kept secure.
- Remember, the goal of the screening programme is to help prevent future injuries.

# DEVELOPING YOUR SCREENING PROGRAMME – AND MAKING IT WORK

(SEE EXAMPLE OVER)

1

## Create a Health Questionnaire.

- Ask players to list their known medical conditions and how severe they are (for example, they may have severe asthma, diabetes or mild epilepsy).
- Ask players to list their previous injuries, the treatment they received and their treatment provider.
- Ask all players to provide information about drug use.

*If possible, have a doctor confirm any undiagnosed medical conditions.*

*Provide examples of medical conditions and injuries to prompt players' memories.*

2

## Design a Lifestyle Assessment Questionnaire.

- This questionnaire will help establish the player's job, transport/living arrangements, personal characteristics/behaviours and dietary habits. It will help identify things that, if changed, could help reduce their risk of injury or improve their performance.

*A player who works on a construction site for 40 hours a week will need a different fitness programme from someone who works in an office.*

3

## Do a Physical Assessment.

- A physical assessment by a sports trainer or physiotherapist can identify things that may put players at more risk of musculoskeletal injury.
- The assessment should test for strength, flexibility, balance and anatomical and biomechanical abnormalities. Measuring speed, fitness, agility, body composition, strength and power can also provide helpful information for identifying changes or improvement.

*Examples of sport-specific testing procedures can be obtained from the Sport Science New Zealand Field Testing Manual for Sports.*

4

## Always do Follow-Up Screening.

- Schedule follow-up screening at an appropriate time to make sure players get consistent assessments. If possible, have the same person do all physical assessments. If a thorough pre-season screening is done, a follow-up physical assessment mid-season is appropriate. Remember to record any changes in players' medications.

*Compare information collected during follow-up with the baseline results to measure improvement and training effectiveness.*

## SAMPLE SCREENING QUESTIONNAIRE **CONFIDENTIAL**

The information you provide in this questionnaire will be used to help plan your training sessions, to assess whether you are at risk of injury, and in case of injury to contact your next of kin. It is confidential and will not be shown to anyone except the team coaching staff.

<b>DATE:</b>	<b>NAME:</b>
<b>ADDRESS:</b>	
<b>PHONE NUMBER:</b>	
<b>NEXT OF KIN NAME:</b>	<b>NEXT OF KIN PHONE NUMBER:</b>
<b>NEXT OF KIN ADDRESS:</b>	

### HEALTH HISTORY

- Do you have any medical conditions/disability? If the answer is "yes", please list the condition and any medication you take for it:

<b>CONDITION</b>	<i>e.g. asthma, heart disease, diabetes, epilepsy, HIV, anaemia, haemophilia, arthritis, viral illness, hepatitis A, B or C</i>	<b>MEDICATION</b>	<i>e.g. tablets, inhalers, creams (give drug names)</i>
<b>ALLERGIES</b> <i>e.g. bee stings, medications (give drug names)</i>			

### INJURY HISTORY

- List any injuries you have had in the past three years and when they happened (e.g. concussion, fracture, sprains, strains).
- List the treatment you had and who gave you the treatment e.g. doctor, coach, physiotherapist.

<b>WHAT WAS THE INJURY?</b>	<b>WHEN DID IT HAPPEN?</b>	<b>WHAT TREATMENT DID YOU GET?</b>	<b>WHO PROVIDED YOU WITH THE TREATMENT?</b>
e.g. sprained left ankle	e.g. 11 July 2002	e.g. R.I.C.E.D., on crutches for a while and then sessions with physiotherapist	e.g. physiotherapist

### LIFESTYLE ASSESSMENT

▶ **WHAT IS YOUR JOB (IF YOU HAVE ONE)?**

▶ **WHAT ARE YOUR HOURS OF WORK EACH WEEK?**

▶ **DO YOU HAVE RELIABLE TRANSPORT TO AND FROM TRAINING AND GAMES?**  Yes  No

### PHYSICAL ASSESSMENT (FOR COACH/TRAINER TO COMPLETE)

▶ **AEROBIC ENDURANCE:** E.G. BEEP TEST SCORE

▶ **AEROBIC ENDURANCE:** 3KM TIME RUN

▶ **STRENGTH:** NUMBER OF PRESS-UPS AND CHIN-UPS

▶ **SPEED:** TIME FOR 50M SPRINT

▶ **SPEED AND AGILITY:** TIME FOR PROPELLER TEST

▶ **UPPER BODY STRENGTH:** NUMBER OF PRESS-UPS

▶ **UPPER BODY STRENGTH:** NUMBER OF CHIN-UPS

▶ **BODY SIZE:** HEIGHT AND WEIGHT, SUM OF SKINFOLDS

FLEXIBILITY	GOOD	AVERAGE	POOR	BALANCE	LEFT LEG	RIGHT LEG
Hamstrings				Time for single leg balance – eyes open		
Lower back				Time for single leg balance – eyes closed		
Shoulder				Time for single leg balance – eyes closed and head tilted back		

For more information on

screening, contact:

**Sport Science New Zealand:**

[www.sportscience.org.nz](http://www.sportscience.org.nz)

#### THE 10-POINT ACTION PLAN FOR SPORTS INJURY PREVENTION

