

ACT Sports Injury Statistics

- **From 2002-2003, 870 people were admitted to ACT hospitals for sports and recreational injuries** *Reference: Hospitalised sports injury, Australia 2002-2003, Louise Flood and James E Harrison, Australian Institute of Health and Welfare*
- **From 2002-2003, the ACT had the highest rate of sports and leisure related cycling hospitalisations per 100,000 population with 24.3** *Reference: Hospitalised sports injury, Australia 2002-2003, Louise Flood and James E Harrison, Australian Institute of Health and Welfare*
- **From 2002-2003, the ACT had the highest rate of hospitalisation per 100,000 population for running with 2.2, compared with 1.5 for Australia as a whole.** *Reference: Hospitalised sports injury, Australia 2002-2003, Louise Flood and James E Harrison, Australian Institute of Health and Welfare*
- **From 2002-2003, the ACT had the highest hospitalisation rate per 100,000 population for combative sports with 3.7 compared with the 2.7 for Australia as a whole.** *Reference: Hospitalised sports injury, Australia 2002-2003, Louise Flood and James E Harrison, Australian Institute of Health and Welfare*

Sports Injury statistics

- **Up to 50% of sports injuries are preventable.** *Caroline Finch, leading sports epidemiologist*
- **One million sports injuries occur each year, which suggests one in 17 Australians, suffer an injury.** *Injury prevention and the promotion of physical activity: what is the nexus?, Caroline Finch and Neville Owen, Sports injury Prevention Research Unit, School of Health Sciences, Deakin University and Faculty of Health and Behavioural Sciences, University of Wollongong NSW. HAZARD, Edition number 8, Autumn 1991, Victorian Injury Surveillance and Applied Research System (VISAR), p.1*
- **Sports injury rates are lower among females.** *Sports Safety in Australia An Update, July 2003, Australian Government Department of Health and Ageing*
- **The annual cost of sports injuries in Australia is an estimated \$1.65 billion.** *Injury prevention and the promotion of physical activity: what is the nexus?, Caroline Finch and Neville Owen, Sports injury Prevention Research Unit, School of Health Sciences, Deakin University and Faculty of Health and Behavioural Sciences, University of Wollongong NSW.*

DUTY OF CARE – Do clubs have a duty of care to ensure that personnel within their club have adequately training in immediate injury management?

Sports First Aid Training – HLTF301B

Associations and committees need to ensure that they understand their duty of care to provide adequately trained first aid personnel to assist with the prevention and management of injury within their competition,

It is the association responsibility to ensure that all duties are fulfilled without negligence. That is, you must not create a foreseeable risk of injury and you must take reasonable steps to deal with any foreseeable risk of injury which exists or arises, i.e. the risk of injury requires first aid care.

Sports First Aid training has been designed for participants involved in the sport and physical activity industry to gain practical skills to prevent and manage injuries pertinent to a sporting, environment. The training is aligned to the HLTF301B Apply First Aid and all participants receive a Statement of attainment upon successful completion. This training is equivalent to Senior First Aid certificate and designed for participants completing the First Aid and re-accreditation qualification. Contact us for more details or visit act.sma.org.au

For information on these statistics, please contact Amanda Wilson, National Media Manager on phone 03 9674 8703, mobile 0412 224 729 or email amanda@vic.sma.org.au

For information or enquires on the resources available or courses please contact Patricia Donoghue, SMA-ACT Executive Officer, on phone 02 6247 5115, or email trish@sportsmedicineact.org.au