



SPORT AND RECREATION VICTORIA

Sports Injury Prevention Research Grants Initiative

(Funded projects to February 2008)

Injury Prevention Research Grants Initiative

The SRV sports injury prevention research grants initiative is aimed at reducing injury frequency and severity at the grass-roots level of sport.

The program supports both small scale research projects and the development and evaluation of sports injury prevention related guidelines and resources. Most of the research projects are undertaken by universities in partnership with sports organisations and are implemented over an 18 to 36 month period.

Two large scale projects were also funded to meet strategic industry needs:

- an injury surveillance system to assist sport better manage injury and injury risks and support the monitoring of related risk management policies and practices; and
- a study into sports ground conditions and assessments from an injury prevention and risk management perspective.

The structure of the program aims to encourage sports associations and community based sports organisations to participate in injury research and data collection projects and incorporate findings into their activities and risk management policies.

Published reports, where available, may be found in the Publications and Research Section of Sport and Recreation Victoria's website at www.sport.vic.gov.au

Additional sports injury prevention resources and guidelines are available from the Victorian government supported Smartplay program at:

www.smartplay.com.au



2003 Funded Projects

The effectiveness of a no equipment balance training program on lower limb injury prevention in netball (University of Ballarat and Netball Victoria).

Status: Completed - Ballarat University subsequently produced a balance training guidebook for netball.

Individual risk management strategies in the Central Highlands (University of Ballarat, Ballarat Basketball Association and Ballarat Hockey Association).

Status: Completed. The risk management knowledge of basketball coaches and their influence on the injury prevention strategies of their players was identified and promoted to the sport as pivotal to improvements in injury prevention, particularly in basketball.

Analysis of acute and chronic injuries sustained from surfboard riding (Royal Melbourne Hospital and Surfing Victoria).

Status: Completed. Sport and Recreation Victoria subsequently partnered with Surfing Victoria and Smartplay to develop fact sheets and implement an education campaign and associated communications strategy which was primarily directed towards junior/novice surfers, surf schools, surf equipment manufacturers and surf equipment retailers.

Sports injury management fact sheets and associated website development (Sports Medicine Australia – Victorian Branch).

Status: Completed. Resources form a part of the suite of resources available from SMA/Smartplay (web based and printed) to assist sports first aid personnel and sports trainers.



2003 Funded Projects (cont.)

Establishment and updates of a web-based systematic review of the effectiveness of sports injury countermeasures, and associated best practice guidelines for community level sports (Monash University Accident Research Centre in association with Smartplay and the Australian Defence Force Directorate of Preventive Health).

***Status:** Completed (in part). Withdrawal of project partner (Australian Defence Force) truncated the project. Project delivered a range of new or updated injury prevention resources were progressively printed and released through Smartplay – e.g. Mouthguards use promotion and guidelines, updated running injury prevention fact sheet.*

Contributory factors and outcomes of serious (non fatal) Australian-football related injury among males (Monash University Accident Research Centre in association with Directors of Emergency Departments in selected hospitals).

***Status:** Completed. Findings and recommendations suggest a need for off-season and pre-season training and injury rehabilitation information and resources package (tool kit) for older players (aged >25 years), improvements in community club injury risk management behaviours and a greater adherence to first aid policy and protocols. (Development of web based education package under consideration.)*

A community based Monash City Sport Safety Expo during Community Safety Month (City of Monash in association with Smartplay and local sports clubs and community organisations).

***Status:** Completed. A trial event. Day was well organised but eventually was “washed out” due to inclement weather.*



2004 Funded Projects

A hamstring conditioning program to prevent hamstring strains at the community level of Australian football (Melbourne University and Victorian Amateur Football Association).

Status: Completed. Trial intervention indicated effectiveness and identified higher risk to older players. Intervention proved 'unpopular' with players (exercise difficulty and initial muscle soreness etc.). Information promoted on Football Victoria's website and an article provided to SportsPhysio magazine. Melbourne University and Richmond Football Club are planning some further work involving the age-related issues and hamstring injury risk.

Promoting protective eyewear for squash players across Victoria (University of Ballarat and Victorian Squash Federation).

Status: Completed. The project built on an initial research project that was funded by the NHMRC. The project informed and educated players and venue managers of the risk of eye injury and of appropriate protective eyewear, through the use of task specific posters, pamphlets and stickers displayed prominently at the project venues. Additional funding was provided in 2006 to expand the reach of the promotional aspects of the project in rural and regional Victoria.

Analysis of incidence and nature of injuries sustained by elite athletes participating in the Women's Artistic Gymnastics Program and the creation of an injury registry database. To assist in identifying injury prevention strategies applicable at all levels of participation (Royal Melbourne Hospital and Gymnastics Victoria).

Status: Completed. Gymnastics Victoria established an improved database and was subsequently supported to produce three separate gymnastic discipline fact sheets distributed directly to clubs and also made available from the Smartplay website.



2004 Funded Projects (cont.)

Teaching landing and recovery skills to junior Australian Rules football players: The effect on injury profile. (Latrobe University and Kidskills Australia (Gymnastics Australia) and Football Victoria).

***Status:** Completed. Following the completion of this research, discussions with the researchers, Smartplay and Kidskills Australia highlighted the need for basic and generic safe landing skills to be taught to young players, across different sporting codes, to reduce the likelihood of (falls related) injury. Kidskills Australia was subsequently funded to develop, design and produce a 'Safe Landings' DVD. (Refer to 2006/07 funded projects).*

Sports injury surveillance system database (Sports Medicine Australia – Victorian Branch).

***Status:** In progress. System trials completed with various sports clubs, particularly Eastern District Football League. System was also used and tested during the 12th FINA World Championships. The trials have generated significant interest in the system from sport and other organisations, both in Victoria and interstate. Reporting functions and legal issues and privacy policies being refined.*

Injury in junior Australian football – to establish the incidence of injury and types of injuries sustained by junior football players (University of NSW - with primary funding support from the AFL. Victorian funded component implemented by Monash University).

***Status:** Completed. Report delivered to AFL (Primary funder). SRV met with Football Victoria to discuss follow on promotion and/or research opportunities. Football Victoria reissued an existing instructional DVD.*



2005 Funded Projects

Sponsorship of the 4th National Sports Injury Prevention Conference 15 – 16 October 2005, Melbourne. (Sports Medicine Australia – National Office)

***Status:** Completed. The conference was promoted to community sport and subsidised sessions were offered to sports clubs. The 5th National Sports Injury Prevention Conference was held in Adelaide in October 2007 with support from the SA Government.*

Sports ground conditions study and the development of good practice guidelines (University of Ballarat Consortium).

***Status:** Completed. Report and guidelines released on 18 May 2007. Strong interest in the report was generated due to issues regarding the drought and the debate concerning hard sports grounds and related safety/insurance concerns. Summary report and good practice guidelines distributed to relevant sports and all LGAs. Report also promoted by sports insurers and findings delivered at major national conferences. (Refer also to 2006/07 funded projects).*



2006/07 Funded Projects

Safe Landings DVD. (Refer also to 2004 Project: “Teaching landing and recovery skills to junior Australian Rules football players”.) Design, develop and produce a training DVD for community sport on safe landing techniques (KidSkills).

Status: *Project completed and formally launched at 9th Annual Victorian Conference of Science and Medicine in Sport and Exercise on 23 June 2007. A free two hour training session (which included a free copy of the DVD) was held on Wednesday 22 August 2007 for interested sports organisations and coaches. Additional workshops for 2008 being coordinated by Smartplay.*

Australian football ground assessment study. Follow on study to validate Australian football ground assessment process. (Refer to 2005 Project: “Sports Ground Conditions Study and the Development of User Safety Guidelines”). The study is linked to a \$1.06 million National Health and Medical Research Council (NHMRC) football injury study. (University of Ballarat).

Status: *Project commenced in August 2007. Scheduled for completion June 2008 with a follow on report, incorporating additional (NHMRC funded) data, to be delivered in June 2009.*

History of children’s participation in formal (out-of-school) sport. An inception study which is supported by researchers funded through a NHMRC Principal Research Fellowship and a University of Ballarat funded 3-year PhD Scholarship. (University of Ballarat).

Status: *Project commenced. Project Activity is due for completion by 31 December 2008 with a final report to be delivered by March 2009.*



2007/08 Funded Projects

Junior Netball Injury Study - Follow on study to validate the 'Down to Earth – practical guide to safe and effective landing in netball' safe balance training guidebook. (Refer also to 2003 Project: "The effectiveness of a no equipment balance training program on lower limb injury prevention in netball"). The study is facilitated by being linked into a Commonwealth Department of Health and Ageing funded junior netball and cricket injury investigation. (University of Ballarat, with Netball Victoria, Netball Australia and Smartplay).

Status: *Project commenced. Project is due for completion by 31 December 2008.*