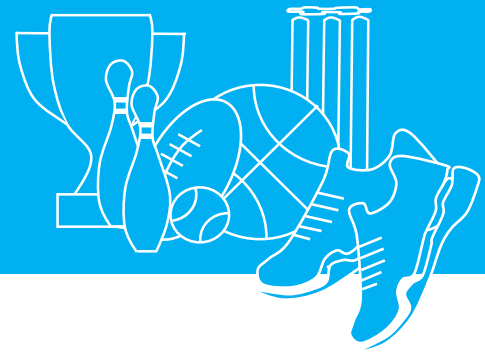


HEALTHY SPORTS CLUBS



INJURY PREVENTION HEALTH AREA



BACKGROUND

Sports clubs provide a welcoming space where people of all ages can stay active. The long-term benefits of physical activity are well-known, and sports clubs play an important role in making sure that everyone has the chance to participate in physical activity safely. The goal is not just to enjoy the game in the moment, but also to remain healthy and injury-free to continue participating for years to come.

However, running a sports club can be demanding. Between managing teams, organising events, and coordinating activities, many clubs struggle to find the time, resources, or expertise needed to focus on other important aspects such as injury prevention. Without attention to safety practices, players may face a higher risk of injury. From sprained ankles to overuse injuries, a lack of proper prevention practices can have long-term effects on players' health and their ability to continue being involved with the club.

The good news is change is happening. More clubs are recognising the need to ensure injury prevention measures are in place —and they don't have to navigate this shift alone. Free, tailored 1-on-1 support is now available for sports clubs in the City of Casey, City of Greater Dandenong, and Cardinia Shire. The Injury Prevention health area of Healthy Sports Clubs offers practical tools and strategies to help clubs implement injury prevention and management strategies, ensuring that the risk of injuries is reduced, and players are kept safe, allowing them to stay active and enjoy sports for many years.

ACHIEVING THIS HEALTH AREA

The **Injury Prevention** health area involves preventing injuries at your club and players are kept safe allowing them to stay active and enjoy sports. There is a culture of positive member, player and family conduct and procedures are in place that ensure a safe club environment for all.

Clubs will be supported to complete targets using the *Healthy Sports Clubs* framework, including:

- Ensure First Aid Officers at all club events
- Provide a referral process to injury prevention and treatment services
- Provide injury prevention education to members
- Create an injury prevention policy
- Enhance club's incident reporting and injury management process
- Support leaders to be healthy role models.

COMPLETE THE EXPRESSION OF INTEREST FORM TO REGISTER YOUR CLUB
[EOI FORM](#)