

10 Top Tips to Prevent Sports Injuries

Sports injuries are common, however there is a lot you can do to minimise the risk.

1. Understand the sport you are doing, especially if its new. Ideally, get some lessons.
2. If there is literally any issue with your health, make sure you see a doctor, to ensure you are OK to play. This includes a minor “niggle” or injury, which may get worse or predispose you to another injury.
3. Technique is very important. It is very important to learn the technique of the sport that you want to play. Learn the techniques eg playing shots, or standing and balancing in skiing. Learn how to use appropriate equipment to avoid injury.
4. Wear clothing and equipment that fits the body. There is a temptation with children to buy things that will last by buying them slightly bigger.
5. Make sure that you have warmed up fully before doing any sports. This includes cardiac and stretching all parts of your body you will use, including back and your core.
6. Make sure you know the surroundings. A lot of injuries occur in places that are thought to be “safe” but other people may fall or lose control and hit you.
7. Any sport played in hot and cold weather will lead to you sweating and losing water. As such, it is very important to drink plenty of water, and stay hydrated. Ideally take drinks with electrolytes added and avoid alcohol.
8. Increase the activity gradually. Do not try and do too much too quickly.
9. Listen to your body. If something is not right, then take it easy, or stop.
10. Remember to cool down, which will help return your heartbeat to normal, relax your muscles, remove any waste products and replace these with oxygen and nutrients.