



## INJURY PREVENTION

- Make sure you always wear an abdominal protector (ball box) at ALL times when batting, wicketkeeping, and close in fielders
- Keep hydrated at ALL times, drink water / energy drink throughout the day when playing sport
- When practicing in the nets or middle pitch ALWAYS keep your eye on the action - NEVER turn your back on the action!
- ALWAYS wear a helmet when practicing in the nets and middle, even to slow bowlers.
- If you get hit in the testicle or penis area it is advisable to see a doctor for a check up to make sure all is in order.
- When playing play time cricket use a soft ball as many children will be in the vicinity..
- Coaches must make sure cricketers of the same standard or age need to be kept in the same group when practicing.
- Always wear sun block and a cap / floppy hat when in the sunlight.
- If a ball goes up for a catch make sure you call for the ball to avoid any collision with your team mate.
- Important to stretch before and after practices and matches

### Most Common injuries - cricket

**Lower back injuries – treatment, rest, strengthen the specific muscles, stabilising exercises and core work advisable**

**Side back strains – rest, treatment, strengthen, slowly make a comeback**

**Shoulder injuries – rotator cuff – rest, physiotherapy, exercises, elastic band strengthening exercises advisable**

**Ankle strain – treatment, rest, ice, compression, elevation**

**Bruise – ice, ice, ice, treatment if required**

**Cracked rib – x ray, treatment, rest**