

## Other safety tips

- Encourage players to drink adequate water before and during play to prevent dehydration.
- Encourage use of a broad spectrum sunscreen in high UV conditions and discourage play in extreme weather conditions (e.g. humid, hot or wet and slippery).
- Ensure that there are qualified first aid personnel at all events
- Enforce and adhere to a strict blood rule as set out by Netball Victoria.

## If an injury occurs

- Ensure players seek prompt attention from a qualified first aid provider.
- Ensure all injured netball players receive adequate treatment and full rehabilitation before they resume play.

## FOR FURTHER INFORMATION CONTACT:

- Netball Victoria, PO Box 60, North Melbourne, Vic, 3051.  
Ph: (03) 9329 7766
- Netball Australia, 19-21 Wentworth Street, Paramatta, NSW, 2152. Ph: (02) 9633 2533
- Sport and Recreation Victoria, Communications Unit, Client Services, GPO Box 2392V, Melbourne VIC 3001.  
Ph: (03) 9666 4331 (for further copies of fact sheet)  
<http://www.vicnet.au/~sportrec/srvhome.htm>
- Accident Research Centre, Monash University. Building 70, Wellington Road, Clayton, Vic. 3168. Ph: (03) 9905 1808  
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<http://www.general.monash.edu.au/muarc>

## REFERENCES

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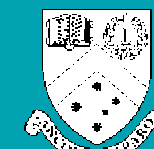


SPORT AND  
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# PREVENTING NETBALL INJURIES

*Facts  
Safety for players  
Safety tips*

MONASH UNIVERSITY



ACCIDENT RESEARCH CENTRE

Netball is the most popular team based sport in Australia. Netball has been described as a game reliant on rapid acceleration to “break free” from an opponent, sudden and rapid changes in direction in combination with leaps to receive a pass, intercept a ball or rebound after attempting a goal (Steele and Milburn 1987). Thus, netball places many demands on the technical and physical skills of the player and, as a result, injuries can and do occur.

## FACTS ON NETBALL INJURIES

### How many netball players?

- In 1997 Netball Victoria reported that there were 112,000 registered players in Victoria. Netball is played predominantly by females of all ages and skill levels although male and mixed competitions are becoming increasingly popular.
- A 1997 Australian Bureau of Statistics nationwide survey rated netball as the fourth most popular sports activity amongst adults (following aerobics, golf and tennis) and the third most popular sporting activity amongst children 5-14 years (following swimming and basketball).

### How many injuries?

- In Australia, netball represents 7% of adult and 4% of child sports related injuries presenting to hospital emergency departments.
- In Australia, netball ranks 7th for adults and 8th for children in terms of sport related injuries presenting to hospital emergency departments.
- In Victoria, the severity of approximately 4% of adult and 3% of child netball injuries, presenting to emergency departments, warrants hospital admission.

### When do netball injuries occur?

- In Australia, 95% of adult and 85% of child netball injuries occur during organised competition and practice.

### The cause and type of injuries

- Adult netball players most often sustain injuries to the ankles, knees and hands. Child injury is most often to the hands and/or particularly to the fingers, followed by the ankle.
- Knee injuries are generally the most severe and costly injuries associated with netball.
- Overall, netball injuries are mostly sprains and strains with the exception of finger injuries that tend to be fractures or dislocations.
- Falls, incorrect landing, over-exertion, overuse, collisions with other players and being struck by the ball are common causes of injury.



## SAFETY TIPS FOR NETBALL

### Good preparation is important

- Conduct simple fitness testing prior to competition to ensure readiness to play.
- Undertake appropriate fitness programs to develop strength, co-ordination and flexibility, especially of muscles around the ankles and feet.
- Seek pre-participation screening by a professional to identify potential musculo-skeletal problems that may contribute to overuse injury.
- Warm up and stretch adequately before competition and training to ensure the body is prepared for play

### Good technique and practices will help prevent injury

- Incorporate training focusing on enhancing body balance, control on landing, moving forwards and catching passes.
- Coaches should undergo regular re-accreditation and education updates to ensure they have the latest information about correct playing techniques.

### Use appropriate equipment

- Ensure goal posts are firmly fixed to the ground with no parts of the post protruding onto the court surface posing a trip hazard.
- Ensure goal posts are padded.
- Check and maintain netball surfaces regularly to eliminate hazards (e.g. loose gravel)
- Avoid playing netball on slippery surfaces.
- Choose footwear carefully, preferably with professional advice.

### Modify rules and equipment for children

- Encourage children to play Fun Net and Netta as a means of developing good skills and technique and reducing injuries.

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