



2011 NSW SPORTS SAFETY AWARDS WINNERS

RESEARCH AWARDS

Outstanding Achievement in Applied Research in Sports Medicine by a Research Team

GOLD AWARD

Winner	Youthsafe and Basketball NSW
Research Project	Review of injury records and reporting Analysis of injury data and injury recording systems to identify priority areas for injury prevention activities across the sport of basketball.

SILVER AWARD

Winner	Biomechanics Research Laboratory, University of Wollongong
Research Project	Breast elevation and compression decrease exercise-induced breast discomfort As part of a wider research project into the health and safety benefits of proper breast support while exercising, the University developed a patented sports bra design to decrease exercise –induced breast discomfort based on research findings.

FE JOHNSON MEMORIAL FELLOWSHIP

Winner	Dr David Green, Australian Catholic University
Research Project	Musculoskeletal health in active young populations Reviewed more than 500 bone scans to identify markers of injury risk in young athletes by examining tibial and radial bone characteristics and nutrition levels. Dr Greene is one of the first researchers in Australia to look at bone strength using 3-dimensional bone-imaging technology.

Outstanding Implementation and Adoption of Safe Sports Practices STATE LEVEL

GOLD AWARD

Winner	Pony Club of NSW
Project	<p>Gear Check Safety Policy</p> <p>The implementation of comprehensive gear and equipment check procedures that must be implemented by all local clubs for evaluating riders and horses for any safety hazards or risks prior to training or competition events that has resulted in a reduction in rider accidents and injuries.</p>

SILVER AWARD

Winner	NSW Rugby League
Project	<p>Tough love in league</p> <p>A hard line initiative to address violence and aggressive behaviour in junior league matches to reduce pressure on young and inexperienced referees and ensure the league experience is safe, fair and fun for all participants.</p>

BRONZE AWARD

Winner	Dragon Boats NSW
Project	<p>Sweep Accreditation</p> <p>Improved standard of dragon boat sweeping (steering) across clubs through the development of improved guidelines and regatta and sweep records with a state-based system of testing and accreditation, as well as the production of a Sweeping Guideline DVD.</p>

Outstanding Safe Sports Practices – Regional / Club Level “PETER WYNN’S SCORE AWARD”

GOLD AWARD

Winner	St Ives YMCA
Project	<p>Girls Levels Gymnastics Program</p> <p>The artistic gymnastics girls squad designed more than 30 posters with safety messages and displayed them around the gym, taking accountability to catch out their peers for safety breaches. A training program for trainee coaches to identify and address injury risks was also introduced.</p>

SILVER AWARD	
Winner	Valentine Eleebana Cricket Club
Project	<p>Cricket net safety swing gates</p> <p>The club designed a swing gate to increase the areas of protection around the cricket nets at their training facility. The gate helps to minimise balls from bouncing off or outside the net and shield players in adjoining nets.</p>
BRONZE AWARD	
Winner	NSW Rugby League & NSW Sport and Recreation
Project	<p>Spectator Anger Education Program</p> <p>The program is designed to directly assist crowd spectators who exhibit unacceptable expressions of anger in a sports setting. Spectator and parents who have been suspended from matches were invited to learn about triggers for anger in a sport setting and their consequences</p>
Outstanding Implementation and Adoption of Safe Sports Practices NSW SCHOOL	
GOLD AWARD	
Winner	St Paul's Catholic College Greystanes
Project	<p>Prepare and Prevention</p> <p>The program was designed to reduce the number of preventable injuries in contact sports played at the school through the adoption of adequate preparation and training techniques. 12 senior students volunteered to learn preventative techniques and be accountable for safety and player welfare in the schools contact football teams.</p>
SILVER AWARD	
Winner	St Joseph's High School Aberdeen
Project	<p>Sun, Fun and Safety Awareness Day and Bronze Medallion Program</p> <p>A mandatory water safety program for all year seven staff to expose students to a real beach environment and strengthen their knowledge, confidence and skills about safety issues such as rips, waves and sun safety as well a bronze medallion program offered as part of the sports curriculum for year 10 and senior students.</p>

BRONZE AWARD

Winner	St Joseph's Catholic School Oberon
Project	Refereeing Certificate Program A program that supports its students to become more involved in understanding their sport and safety rules by participating in courses that would provide them a formal referee qualification.

**Outstanding Education and Promotion of Safe Sport Practices
STATEWIDE****GOLD AWARD**

Winner	Basketball NSW
Project	Sports Safety Campaign The implementation of an awareness campaign that involved improvements to injury reporting systems, the development of a new reporting form to ensure statewide consistency and the distribution of guidance material specific to the safe management of soft tissue and head injuries.

SILVER AWARD

Winner	Royal Life Saving Society (NSW)
Project	Aquatic Safety Training Academy The new Academy hosts a range of water safety awareness activities including formal training and education programs, junior lifeguard clinics and Indigenous learn-to-swim programs.

BRONZE AWARD

Winner	Football NSW
Project	Hot Weather Policy Developed a statewide policy for recommended hot weather play stating cancellation temperatures of 32 degrees for children and 37 degrees for adults.

Outstanding Education and Promotion of Safe Sport Practices NSW SCHOOL

GOLD AWARD

Winner

Merrylands High School

Project**Keeping myself safe**

An education program for Year 8 students to identify and manage risks and learn how to make safe decisions, that extend beyond safe participation in sport to include bike safety, beach safety and drug and alcohol awareness.

SILVER AWARD

Winner

St Michael's Catholic Primary School Nowra

Project**Keep cool, play by the rules**

To encourage greater participation and safety in their rugby league programs the school worked with students to enhance their safe sports policy and tackle aggression and ensure all games of footy are played by the rules including playground rules. Students self-regulate games and are accountable for their behaviour

BRONZE AWARD

Winner

Holy Spirit Catholic Primary School, North Ryde

Project**5 must have rules**

Introduced a physical education program that helps simplify the rules of each of the sports in their curriculum to encourage safe participation in all sports. The '5 must have' rules program' are simplified versions of the actual rules for different sports.