



Equipment

- Protective equipment (is it used)
- Performance equipment (e.g. hockey stick)
- Suitability of clothing/footwear

Type of activity

Some sports have a higher risk and present different injury risks.

E.g. contact to non-contact sports

Environmental factors

- Weather
- Playing surface/performance area
- Other participants

Physical Preparation

- Training
- Warm up
- Cool down
- Fitness levels
- Overuse
- Muscle imbalance

Individual variables

- Gender
- Age
- Flexibility
- Nutrition
- Sleep
- Previous/reoccurring injuries

Coaching/Supervision

- Poor/incorrect techniques
- Ineffective communication
- Importance of rules and regulations

Safety hazards

Risk assessments – identify things that may cause harm, identify who could be harmed, identify steps to prevent harm

Safety checks – weather, surface/floor, equipment, clothing/footwear, jewellery removed, hair tied back

Emergency action plan (see LO3 for details)

Extrinsic factors

Intrinsic factors

Motivation

Too much motivation can lead to recklessness as you cannot concentrate as you lack focus.

Causes of poor posture

Poor stance – bending your knees or hunching the shoulders when standing

Sitting positions – slumping/slouching instead of sitting upright

Physical defects – Muscles weaken around an injured area

Fatigue – Tired muscles are unable to support skeleton properly

Emotional factors – low self-esteem or confidence can affect posture

Clothing/footwear - wearing shoes with high heels can affect posture through slouching or putting your head down.

LO1: Understand the different factors which influence the risk of injury

Psychological factors

Aggression

Too much aggression can cause a performer to perform a technique such as a tackle too hard and cause injury to themselves/others.

May lead to them breaking the rules.

Posture

Injuries relating to poor posture

Pelvic Tilt

This is a condition where the hips are not level.

Fig. 1

Lordosis

A condition in which the spine in the lower back has an excessive curvature

Kyphosis

An abnormal curving of the upper spine causing the back to appear slouched or hunched.

Round shoulder

A condition where the shoulders resting position has moved forward from alignment.

Scoliosis

A back condition that causes the spine to curve to the side.

Arousal/anxiety levels

Over arousal – lack focus and become unsafe in the activity as you feel you 'don't care'

Under arousal – too nervous or scared and therefore not ready to perform. Could therefore perform techniques incorrectly.