

# Injury Prevention Tips

Sports Performance Bulletin provides you with crucial tips below to help prevent injury:

- Avoid training when you are tired.
- Increase your consumption of carbohydrate during periods of heavy training.
- **Increase in training should be matched with increases in resting.**

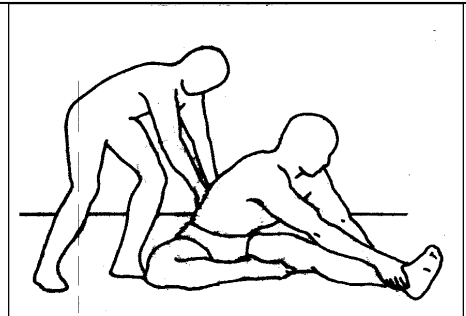
Recovery is your most important training session

- Any increase in training load should be preceded by an increase in strengthening.
- **Treat even seemingly minor injuries very carefully to prevent them becoming a big problem.**
- If you experience pain when training stop your training session immediately.

- Never train hard if you are stiff from the previous effort.
- **Pay attention to hydration and nutrition.**
- Use appropriate training surfaces.

PNF Stretches .. good team bonding activity, but, be sure to execute carefully and patiently

- Check training and competition areas are clear of hazards.
- Check equipment is appropriate and safe to use.
- **Introduce new activities very gradually.**



- Allow lots of time for warming up and cooling off .
- Check over training and competition courses beforehand.
- **Train on different surfaces, using the right footwear.**

- Shower and change immediately after the cool down.
- Aim for maximum comfort when you travel.
- **Stay away from infectious areas when training or competing very hard.**

- Be extremely fussy about hygiene in hot weather.
- **Monitor daily for signs of fatigue, if in doubt ease off.**
- Have regular sports massage.

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is more important than  
**Quantity**

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