

How to stay injury free!

- **Train smart**, which includes **REST!**
- keep **muscles warm**,
 - then **stretch** effectively! A secondary stretch is very important.
 - slow, controlled, by muscle group.
- drink plenty of fluids - follow Canada's Food Guide
- do some form of cross training.
- listen to your body.
- do a cool down after activity.

“If you are strained - don't train”

If you do get injured, then

- **TELL** your coach.
- **STOP** the activity that causes the injury.
- **ICE** it for the first 24 - 48 hours, every 3 or 4 hours for 20 minutes (no longer)
- **WRAP** it. If you can put a elastic wrap on the injured area.
- **ELEVATE** it. Stay off the injured body part and keep it raised above the level of your heart.
- **HEAT** it (for about 15 - 20 minutes) after 48 hours with moderate range of motion movements. If you use the whirlpool the temperature is never hotter than 110 degrees Fahrenheit.
- **SEEK** appropriate medical help / advice if the pain does not go away after 2 - 3 days. You may require physiotherapy to help the injury heal.
- You may be able to do some activities to keep up your conditioning.

After the injury has healed, then

- Include a very long warm up which must include cardiovascular time to warm the muscles, break a sweat.
- Slowly return to full range of motion movements at reduced speeds.
- Full range of motion at competitive pace.
- ice, compression, elevation after activity. This will prevent further swelling
- **Lots of quality stretching.** Do a secondary stretch.