



# SPORT SAFETY RESOURCES

## Smartplay resource order form

**SMARTPLAY**

To download Smartplay resources visit [www.smartplay.com.au](http://www.smartplay.com.au)

Please note free samples are also available. To receive free samples please write 'sample' in the Cost \$ column.

Resource	Pack size	Price per pack (all prices include postage)	Number of packs required	Cost \$
<b>UP SERIES</b>				
Warm up	25	\$10.00		
Drink up	25	\$5.00		
Gear up	25	\$5.00		
Fix up	25	\$5.00		
Up series posters	Set of 4	Posters free + \$15.00 postage and handling		
<b>PREVENTING SPORT SPECIFIC INJURY FACT SHEETS</b>				
Aerobics	<i>available for download only at <a href="http://www.smartplay.com.au">www.smartplay.com.au</a></i>			
Australian Rules football	25	\$5.00		
Baseball	<i>available for download only at <a href="http://www.smartplay.com.au">www.smartplay.com.au</a></i>			
Basketball	25	\$5.00		
Cricket	25	\$5.00		
Cross-country skiing	25	\$5.00		
Downhill skiing	25	\$5.00		
Golf	25	\$5.00		
Gymnastics - artistic	<i>available for download only at <a href="http://www.smartplay.com.au">www.smartplay.com.au</a></i>			
Gymnastics - aerobics, acrobatics, cheerleading				
Gymnastics - trampolining				
Hockey	25	\$5.00		
In-line skating	25	\$5.00		
Lawn bowls	25	\$5.00		
Mouthguard safety	25	\$5.00		
Netball	25	\$5.00		
Rugby league	25	\$5.00		
Rugby union	25	\$5.00		
Running	25	\$5.00		
Skateboarding	25	\$5.00		
Snowboarding	<i>available for download only at <a href="http://www.smartplay.com.au">www.smartplay.com.au</a></i>			
Soccer	25	\$5.00		
Softball	25	\$5.00		
Squash	25	\$5.00		
Surfing	25	\$5.00		
Swimming	25	\$5.00		
Tennis	25	\$5.00		
Volleyball	25	\$5.00		
Walking	25	\$5.00		
Footwear for safety	<i>available for download only at <a href="http://www.smartplay.com.au">www.smartplay.com.au</a></i>			
<b>POLICIES AND GUIDELINES</b>				
Beat the heat	25	\$5.00		
Blood rules	25	\$5.00		
Case study: Oakleigh Cannons Junior Football Club - Approaching sport safely	<i>available for download only at <a href="http://www.smartplay.com.au">www.smartplay.com.au</a></i>			
Down to earth	25	\$10.00		
Safety guidelines for children and young people in sport and recreation	25	\$10.00		

Emergency planning for sporting clubs	<i>available for download only at <a href="http://www.smartplay.com.au">www.smartplay.com.au</a></i>			
Heat policy				
Hot weather guidelines	<i>available for download only at <a href="http://www.smartplay.com.au">www.smartplay.com.au</a></i>			
How to become a Smartplay club				
Infectious diseases policy				
Keeping sport fun and safe				
Safety personnel for sporting clubs				
Smartplay safety guidelines for clubs, associations and facilities				
<b>**UV exposure and heat illness guide** NEW</b>	<b>1</b>	<b>FREE</b>		
<b>FORMS</b>				
SMA injury reporting form	<i>available for download only at <a href="http://www.smartplay.com.au">www.smartplay.com.au</a></i>			
First aid equipment - a recommended list				
Athlete medical profile - personal record form				
Safety action plan				
<b>INJURY FACT SHEETS</b>				
Achilles tendon	<i>available for download only at <a href="http://www.smartplay.com.au">www.smartplay.com.au</a></i>			
Acromioclavicular (AC) joint injury				
Ankle sprain				
Anterior cruciate ligament injury				
Gastrocnemius (calf) strain				
Hamstring strain				
Meniscus injury				
Quadriceps contusion				
<b>WOMEN IN SPORT FACT SHEETS</b>				
Contraception for active women	<i>available for download only at <a href="http://www.smartplay.com.au">www.smartplay.com.au</a></i>			
Exercise and osteoporosis				
Exercise in pregnancy				
Exercise and well-being after pregnancy	<b>25</b>	<b>\$5.00</b>		
Keeping active during menopause	<b>25</b>	<b>\$5.00</b>		
Nutrition for active women	<i>available for download only at <a href="http://www.smartplay.com.au">www.smartplay.com.au</a></i>			
Premenstrual syndrome and the active woman				
Teenage girls staying active				
<i>Please note information on sport safety courses is available at Sports Medicine Australia's website, <a href="http://vic.sma.org.au">vic.sma.org.au</a></i>				
<b>TOTAL COST*</b>				

Name \_\_\_\_\_ Organisation \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ Postcode \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

Primary information use \_\_\_\_\_  Tick here if you would like to receive further information on Smartplay.

How did you hear about Smartplay? \_\_\_\_\_

Enclosed is my cheque for \$ \_\_\_\_\_ (payable to Sports Medicine Australia Victorian Branch)

Please debit my credit card \$ \_\_\_\_\_ MasterCard  Visa

Card number     Card expiry \_\_\_\_\_ / \_\_\_\_\_

Name \_\_\_\_\_

Signature \_\_\_\_\_

Please return this form with payment to Sports Medicine Australia Victorian Branch on fax 03 9674 8799, email [smartplay@vic.sma.org.au](mailto:smartplay@vic.sma.org.au) or mail to Sports House, 375 Albert Road, South Melbourne VIC 3205. \*Please note costs may be waived in some circumstances.