

GEAR UP.

Don't put your body on the line for sport when protective equipment can save you from injury

The Facts

- Protective equipment should be worn during training and games
- The equipment should fit correctly
- The equipment should be well maintained
- Equipment should be used in accordance to manufacturers guidelines and recommendations
- It is important to 'break in' new equipment:
 - To become familiar with the fit and feel of the equipment
 - To soften or mould equipment to the body part
- Remember injuries usually mean time on the sideline,
PREVENTION IS THE KEY

The Equipment

Batting Player

- Helmet (strongly recommended - must display Australian Standards)
 - Face Grill
 - Adjustable chin strap
 - Light weight
 - Well ventilated
- Hat - For sun protection, if a helmet is not worn
- Cricket gloves
- Thigh pad
- Protector / box



DISCLAIMER: The information in this brochure is of a general nature. Individual circumstances may require modification of general advice from an appropriate professional eg. Doctor or Coach.



The Equipment (continued)

- Leg pads
- Cricket bat
 - Suitable size and weight
 - Top of handle should be level with waste
- Cricket shoes or boots

Wicket Keeper

- Wicket keeping gloves
- Leg pads
- Protector / box
- Hat - wide brimmed or legionnaires is recommended

Fielding Player

- Helmet with face guard - if fielding close
- Hat - wide brimmed or legionnaires is recommended
- Sunglasses
- A protector/box may also be worn, especially if fielding in close

All these items are manufactured in sizes to suit junior players

Be Sun Smart

- Wear a hat that protects your face, neck and ears
- Apply plenty of SPF 30+ sunscreen (reapply every 2 hours)
- Wear sunglasses
- Stay in the shade where possible
- Cover up with cool lightweight clothing (shirt with a collar and long sleeves if possible)

For further information contact:

Sports Medicine Australia (SA Branch)
27 Valetta Road, Kidman Park S.A. 5025
Telephone: (08) 8234 6369

Or visit our Websites:

www.smartplay.net
www.smasa.asn.au

For sport specific information contact:

SA Cricket Association
Telephone: (08) 8300 3800