



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

Men's Lacrosse field player "FULL GEAR"

Compulsory

- Helmet
- Gloves
- Arm pads

Optional

- Protector / box
- Kidney pad/rib guard
- Shoulder pad
- Screw in or moulded shoes
- Mouthguard - Highly recommended



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)

Men's Goalie

Compulsory

- Helmet
- Gloves
- Arm pads
- Chest pad

Optional

- Throat protector
- Protector / box
- Screw in or moulded shoes
- Mouth guard - Highly recommended
- Shin pads - similar to soccer or hockey

Women's lacrosse field player

Compulsory

- Mouthguard

Optional

- Helmet
- Moulded shoes
- Gloves

Women's goalie

Compulsory

- Helmet
- Chest pad
- Throat protector

Optional

- Elbow pads
- Protector
- Screw in or moulded shoes
- Mouth guard
- Shin pads - similar to soccer or hockey

Junior lacrosse players (U/13, U/15, U/17)

- A mouth guard is compulsory for girls
- A mouth guard is highly recommended for boys
- It is recommended that boys wear the "full gear" as listed above

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:

Lacrosse SA
Telephone: (08) 8355 3350