**Causes of Injuries 2 Date:**

All of these 12 causes can be categorised under the following 3 headings…

* Equipment
* People related
* Coaching related

Examine the causes below and try to determine which category the injury would fall under. Once you are 100% confident, you must cut out each of the 12 boxes and arrange the boxes into the 3 sections for where you think they best fit.

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| 1. Wearing the wrong or ill-fitting clothing and footwear. | 2. Inexperienced coaches may fail to spot dangerous situations occurring. | 3. The rules and regulations of most sports prevent young performers playing outside their age category. |
| 4. Participants with a low skill level or a lack of experience often suffer trying to do something they are not capable of doing. | 5. Drinking alcohol or taking recreational drugs can reduce your ability to concentrate or react quickly, and can make you more aggressive and unpredictable. | 6. Overtraining – doing too much or not allowing for adequate periods of rest. |
| 7. A coach who encourages unsafe practices may cause harm to the participants in their care. | 8. Wearing faulty or damaged equipment can seriously injure participants or nearby people. | 9. A coach who teaches poor technique can be responsible for any injuries their performer suffers. |
| 10. Failing to wear the correct protective equipment. | 11. A coach who employs poor training methods. | 12.Using equipment incorrectly. |

**Task**

For each cause, try to come up with an example which will help to demonstrate your understanding. There are three examples below which have been done for you although you will have to decide which cause they are linked to. Write the examples down in your book.

1. A coach teaching the side tackle in rugby, needs to ensure the head is positioned behind the opponent’s thigh to reduce the risk of a head injury.
2. Wearing trainers rather than walking boots on a fell walk can increase your risk of slipping or falling and injuring your ankle.
3. A large proportion of injuries to skiers occur because participants lose control when skiing on terrain that is beyond their skill level.