



WLBCE News and Views for December 2018



MERRY XMAS AND A HAPPY NEW YEAR



By Gordon Jones

The 2019 Committee send all Members and Friends their very best wishes for the holiday season, Happy Hanukkah, Merry Christmas and all that you wish for in 2019.



The committee has already been hard at work the 2019 calendar is now complete, the Open Tournament dates are set.

Please enter early, there is a full list of open tournaments in this News Letter, to enter email or phone Jack Siboni, jsiboni@rogers.com or phone 416 493 1898.

IN 2019 SAFETY FIRST FOR A HAPPY YEAR!

In 2018, we took great care with the extraordinary heat. Please be careful in 2019, avoid injury that will spoil your summer season. Some facts on lawn bowls injuries in Australia, and tips:

Lawn bowls is a popular form of physical and social activity in Australia. There are currently in excess of 250,000 registered lawn bowls members in Australia. However, the increase in popularity of social bowls has seen the number of participants increase to over 500,000 nationwide. The majority of players are male, aged over 55 years of age. Lawn bowls is a great way for people to develop their skills, coordination and fitness, it is a precision sport. Despite the sport being non-contact, injuries can, and do occur. Approximately one-fifth of hospital emergency department presentations resulting from lawn bowls injury require hospitalization. In 2006, 37 people were admitted to hospitals while 8 people visited emergency departments for lawn bowls related injuries (in the state of Victoria alone). During this period, the hospitalisation rate was highest among those aged between 70 and 74 years.

Common causes of injuries are **falls, overexertion, repetitive bowling movements and being struck by a bowl**. Fall injuries usually occur when a player either falls backwards over a bowl; steps forward over the ditch, rather than sideways when crossing onto the green; or delivers a bowl with incorrect balance.

- The most common types of injuries are fractures, sprains and strains.
- Injuries to the hip, thigh, knee and lower leg are most common.

Safety tips for lawn bowlers;

- Good preparation is important
- Avoid playing with pre-existing conditions or injury
- Warm up. Stretch before you play to improve joint range of motion, promote elasticity of tendons and ligaments and prevent muscle strain
- Cool down after play to prevent stiffness or cardiovascular complications
- If in doubt undertake pre season fitness testing to ensure you are fit for competition.
- Undertake balanced training and exercises to strengthen lower extremities, back and neck.
- Apply good techniques and practices which will help avoid injury.
- Seek instructions from the coaches if you have difficulty in correct balance and delivery. Avoid falls!
- When stepping on to, or of the greens have your eyes on your foot placement.
- When you deliver do not step of the mat while watching your bowl come to rest, unless you have looked to see where the bowls are by the mat.
- If you are delivering a runner, declare it for all bowlers to hear.
- If there is moisture, be careful of mats too far on groundsheets. Only the front edge should lip the groundsheet. Foot weight should be on mat on grass
- Drink water before, during and after play.
- Play within your limits.
- Be sunsmart. Wear sun protective clothing, a hat, sunglasses and SPF 30+ sunscreen.
- Do NOT play in extreme weather conditions.
- Stop playing if you experience illness or injured
- Players should be fully rehabilitated before returning