



Sports Safety

MONTHLY
SAFETY
BRIEF
May 2003



Sports safety

Sports safety requires overall body conditioning. Conditioning of specific muscles is needed to prevent injury.

Running



- People who decide to take up running should get a physical examination from a healthcare provider first. (MWR Certified Personal Trainers: DSN 264-6163)
- The right shoes are essential. The shoe should bend easily at the ball of the foot. A shoe that is stiff at the ball can cause tightening of the calf muscles. Shoes with a narrow heel should be avoided. They are unstable and can cause ankle sprains.
- A runner must warm up properly before running.

Tennis

- Good shoes are a must. Shoe supports may be helpful.
- Hard-surfaced tennis courts can cause injury if a player falls, so extra caution should be used.
- It is highly recommended that people warm up before playing.



Golf



- Stretching, relaxing, and limbering up are all important before hitting the golf course.
- Golf elbow is similar to tennis elbow. It's caused by straining the forearm muscles when gripping the club. It's good idea to consult with the club pro for instruction on the correct grip. (MWR Whispering Pines: DSN 264-3709/3779)

Hiking

- No one should go out alone. It's safer and more fun to join up with a knowledgeable and experienced friend or group.

