

5 WAYS

to reduce **overuse**
and **burnout**
injuries at
Dunstan High School



1

Avoid sport specialisation by participating in a variety of sports throughout the year.

2

Total hours spent in organised sport and exercise should not exceed the athlete's age **(maximum of 16 hours)**
e.g. 13 years old = 13hrs,
17 y/o = 16hrs,
20 y/o=16 hrs.

3

School athletes should have at least 3 months off every calendar year from their #1 sport and training to allow for physical and psychological recovery.

4

School athletes should have at least 1-2 days off each week to decrease risk of injuries.

5

Excessive training and competition loads can lead to overuse injury and overtraining syndrome.

