

## POTENTIAL INJURIES FROM UWH & HOW TO PREVENT THEM

Underwater hockey is a non-contact sport. It is against the rules to hit, grab or hold any player. It is against the rules to flick the puck near the head of any player.

However, accidental injuries can occur while playing the sport. This usually happens as players swim or turn (usually kicking) and as players move the puck (usually flicking). The risk is mitigated with prevention strategies.

<b>Risk</b>	<b>Description</b>	<b>Prevention</b>
Burst Ear Drums	Can happen if a player receives a kick to the ear.	The risk will be reduced by wearing a cap with ear protection.
Broken Teeth	Can happen if a player gets hit by a puck to the mouth.	Although the snorkel offers some protection, an internal or external mouth guard must be worn during all training
Cuts to the Hand	A player can receive cuts from sharp tile edges on the pool bottom.	Wear an UWH glove on the playing hand
Bruises to the Hand	Bruises can result from impact by the puck and/or another player's stick.	Wear an UWH glove on the playing hand
Sore neck / Collision injuries	Can result from swimming into walls, other players or surfacing underneath another player.	Use your free hand to fend off other players and to lead when surfacing. Look up and around when you are swimming.
Cuts to the Face	If a player gets a kick or a puck to the face, the mask may break and cause cut/s to the face.	Wear a tempered mask, preferably with two separate eye pieces as the mask's bridge offers protection.
Cuts to the knees and/or elbows.	If the pool bottom has broken or sharp tiles, then players may get minor cuts.	Generally, not common, but if a concern, the player can put tape on those commonly affected areas.
Slip and fall on the pool deck	Pool surrounds may be slippery and wet	Do not walk with fins around the pool or run on the pool deck