

DATA-INFORMED DECISIONS

Enhance your injury management

HOW?

WHAT?

WHY?

Welcome to Data-Informed Decisions, where we'll help you make the most of the information you collect to reduce sports injury in your organisation.

Over the coming weeks, we'll share some top tips and insights for how to do this effectively.

What's it all about?

We all collect useful information every day, often without realising it, all of which helps us understand the world in more detail – from what we read and learn, to what we observe and the conversations we have.

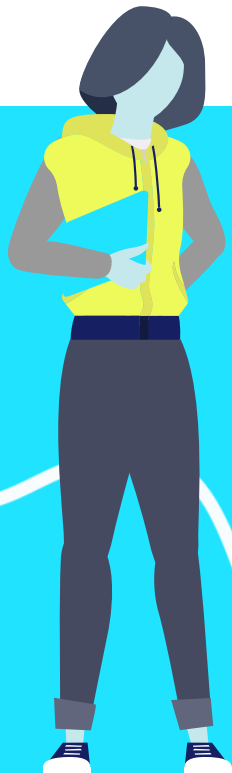
When we're collecting information and data in a specific context, it's important to understand how to use it meaningfully, so it can help us make more informed and effective decisions on a daily basis.

Where do we come in?

Data collection provides information you didn't have previously to help drive your curiosity and make informed decisions.

At SportSmart, our focus is on reducing the number and severity of injuries that happen during school and club sport.

We've designed this programme to help build your confidence in how to read, record and communicate the injury data that you collect, and use it to improve your approach to injury management in your organisation.



Watch our short
introduction to data
and information
collection



BEFORE WE GET STUCK INTO THE FULL PROCESS, THERE ARE A FEW BASICS TO IRON OUT.

What is an injury?

Injury can be defined in many ways, depending on what you want to find out more about. In the context of SportSmart, we define injury as 'an incident which occurs which results in the player being the permanently removed from play, and not returning to sport for 24 hours'.

What is data?

Defining what we mean by 'data' is important as we set the scene of this programme.

'Information' is a diverse collection of facts within context. 'Data' is one type of information. When we hear the word 'data', we often think about numbers and statistics, but data is simply a collection of facts that can be used as one part of your overall understanding – for example, the number of people who turn up to a session, or how confident your players are feeling.

Injury prevention

At a basic level, sports injury prevention and management is about looking at ways to reduce the number of injuries happening, as well as considering the severity and extent of injuries, and managing players' safe return to play – all within your resources and capability.

You can start to understand the injuries that are happening by recording when one occurs on a regular, consistent basis.

What is data collection?

Data collection describes the process of gathering information by observing, collating and measuring information about a specific subject of interest. In our case: sports injury.

Why is it important?

Data collection can be a way of measuring certain things in order to provide information you didn't have previously. This can then be used to inform the decisions you make.

Over time, depending on what types of data you're collecting, you'll become more informed about what is happening in your environment and start to become curious about what the data is telling you.



THE BUILDING BLOCKS OF DATA: COLLECTION TO COMMUNICATION

These are the fundamental steps to follow when you are collecting any type of data.



The journey of data collection starts with the identification of what you are interested in and want to know more about.

To ensure you're collecting the right data, you need to define the key question(s) you want to answer. Consider what, how and the time frame.

To start, think about the resources you have available and what's realistic. You can always build on this over time.

Information beyond the numbers – what you see, hear and feel – are critical in understanding the full picture and, in particular, the context.

For example, collecting data on how many ice creams are sold on a beach is very different from a city centre.

Start recording data, and make sure it's done in a way you can easily understand.

Review the data you have collected and take the time to understand what it may and may not mean.

Are there any patterns or anomalies? Can you be confident in the data you have?

What can you learn from the data you've collected?

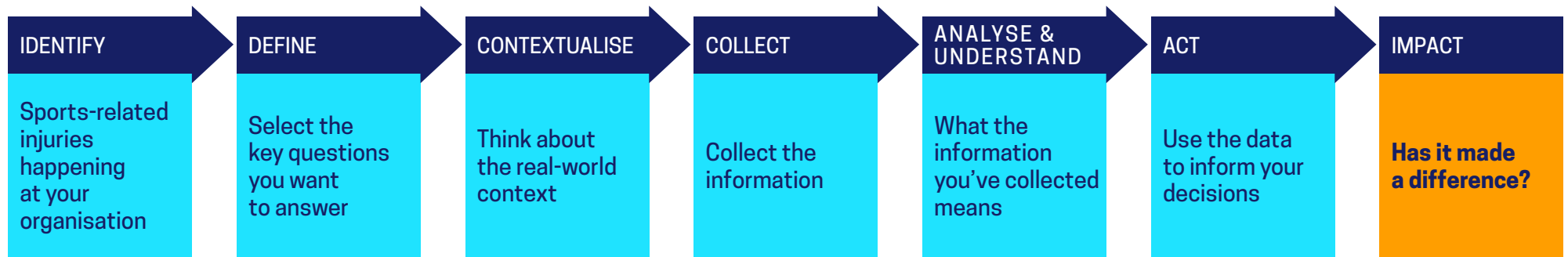
Does it highlight areas that could be taught differently? Do you need to share your learnings with the team? Or do you need to keep collecting data to increase your certainty about the information you have.

Revisit your key question and what you were interested in.

What might you still need to know? Is there anything you would do differently next time to be more confident in your decisions?

DATA COLLECTION IN THE CONTEXT OF SPORTS INJURY

When collecting information about sports injuries in the school and club environment, we can be more specific:



In this example, you are interested in which injuries are happening and when.

This information will help you make informed decisions about ways to prevent them happening in the future.

Consider how you will collect data, over what time frame, the group size and the resources you have available to do this. For example:

- Are you using Excel or the SportSmart app?
- Will you collect injuries just at the start of each term, or throughout the year?
- Do you want to know more about one age group, team or individual?
- Are you interested in a specific body part? E.g. you might only collect data about knee injuries or head injuries.

You might already have some ideas about the sports injuries that are happening because of what you see on a daily basis. How does this influence the data you'll collect? For example:

- When in the year are the most fixtures?*
- Do you know any individuals who struggle in the warm-up due to injury?*

Using the SportSmart app or your own injury tracking process can be a great way to record injury events happening at your organisation.

If you are starting with observation, keep a diary of events that you can reflect back on.

ANALYSE & UNDERSTAND

What the information you've collected means

Reflect on the information you have and how accurate it may be.

The SportSmart injury reports and dashboards collate the data you've collected to give you a clear overview of:

- Injury type*
- Where injuries happen*
- Frequency of body part*

ACT

Use the data to inform your decisions

Look at the data you have. How confident are you that it represents the true picture. Do you need to:

- *Share the findings with your department?*
- *Improve a particular facility?*
- *Have some conversations with players about what you've seen?*

Or, do you need to collect more information based on what your data is showing?

IMPACT

Has it made a difference?

Have you been able to collect the information you wanted about your sports injury management?

Have you been able to collect the information you wanted to answer your key questions about sports injuries at your organisation?

ONE WAY TO COLLECT INJURY DATA EFFICIENTLY IS USING SPORTSMART.

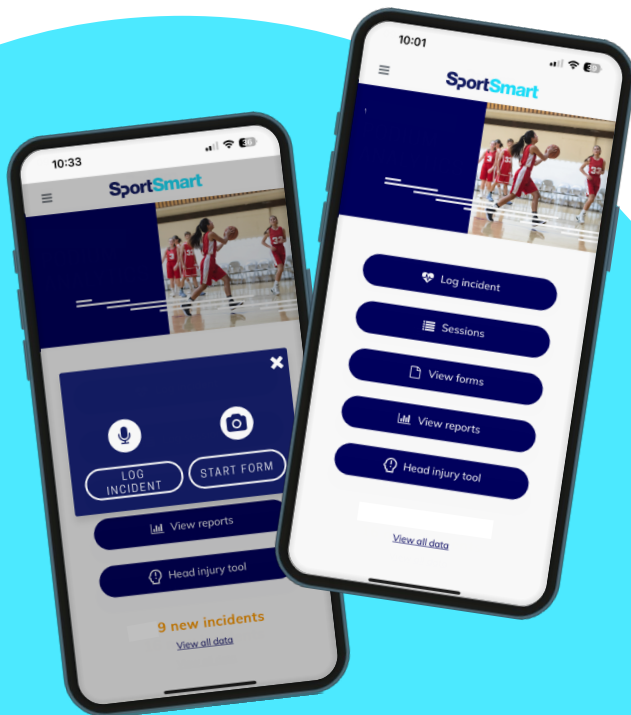
Enjoy improved efficiency and a clearer oversight of the health and wellbeing of your players with the SportSmart app.

The SportSmart platform provides a single solution for the **reporting, tracking and management** of PE lessons and sports sessions, as well as any injuries that happen.

The app includes a **Head Injury Tool**, giving your team the confidence to assess and respond appropriately to a suspected concussion in a few simple steps.

Enjoy **injury dashboards** that provide a clear oversight of which injuries have happened where, when and to whom.

The easy-to-use app is **free** for UK schools and clubs. Find out more [here](#), or click below to register your interest.





**Sport
Smart**

**WE HOPE YOU'VE FOUND
THIS RESOURCE USEFUL.**

Find out more about SportSmart, our work to create a world with more sport and less injury and how you can get involved at sportsmart.org

**MORE SPORT,
LESS INJURY**