

# CHECKLIST FOR COACHES AND PARENTS

Use this checklist each season and throughout the year to help keep junior bowlers safe and healthy.

## 1. Know Your Bowler's Risk Profile

- Is the bowler taller and/or bowling faster than peers?
- Is the bowler in the 2–3 year period after their peak height velocity (PHV)?  
(consider using the NSW Office of Sport Maturity Status Calculator as a guide)
- Has the bowler had a previous LBSI or back injury?

## 2. Monitor and Manage Workload

- Are you tracking the number of bowling days, overs per spell, and overs per week?
- Are you avoiding more than 2 consecutive bowling days? especially for those aged 12-18?
- Are you gradually rebuilding bowling volume and intensity after any break  
(e.g., season break, holidays)?
- Are you planning for lighter weeks every 4 weeks and a full week off every 10–12 weeks?
- If possible, are you planning time off bowling after periods of higher workload  
(e.g., carnivals, tournaments)?

## 3. Recognise and Respond to Symptoms

- Are you educating bowlers to report any lower back pain or stiffness?
- Do you have a plan for early assessment and referral if symptoms develop  
(e.g., sports doctor or physiotherapist experienced with LBSI)?

## 4. Communication

- Are you communicating regularly with bowlers, parents, coaches, and other team personnel about adherence to these bowling guidelines?

## REMEMBER

- Prevention is best - most LBSI can be avoided with careful management and planning
- Early reporting and conservative management are key to long-term participation and enjoyment in cricket.