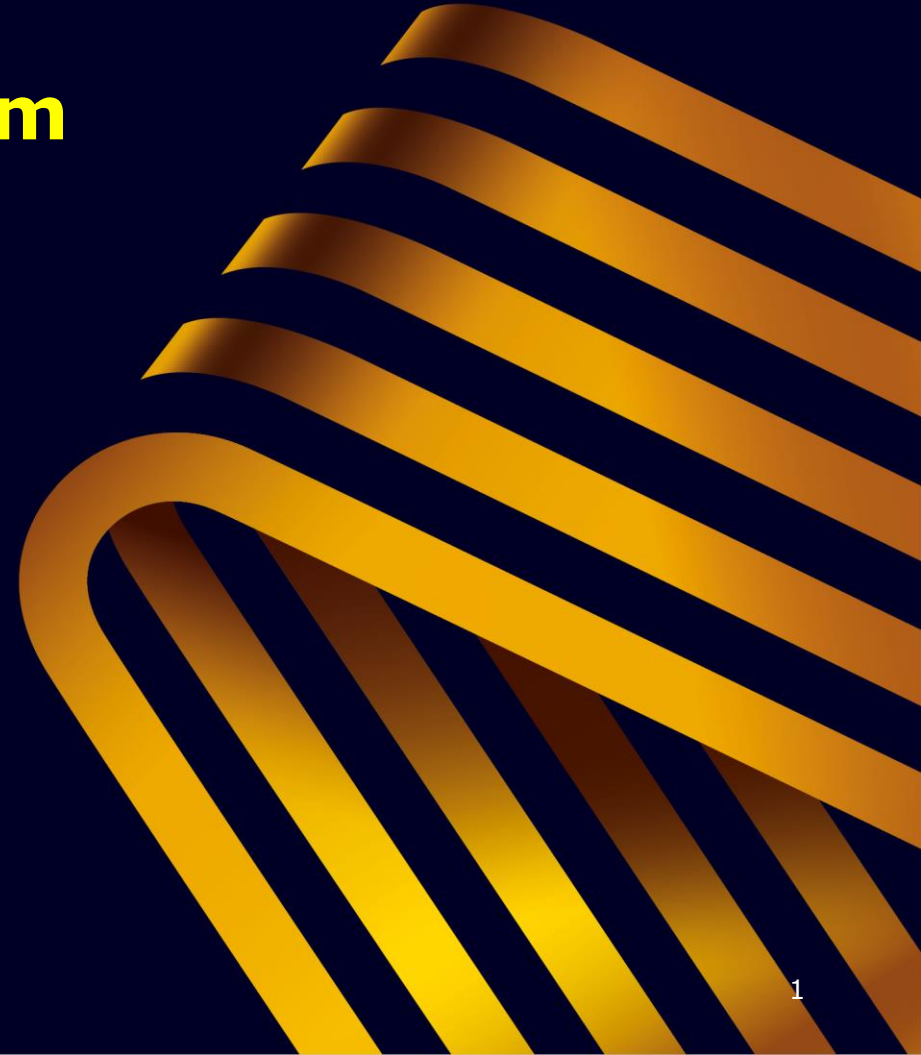
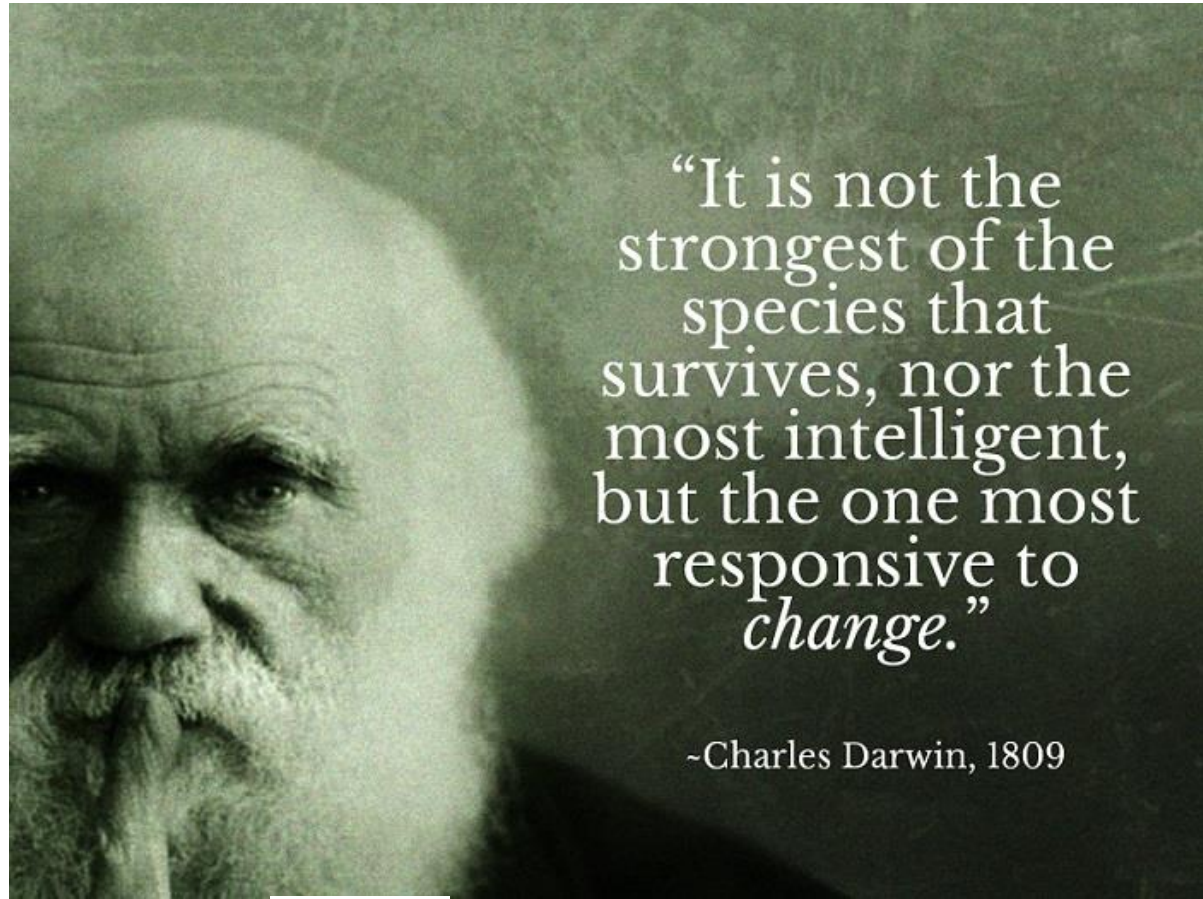




HPRnet Symposium

November







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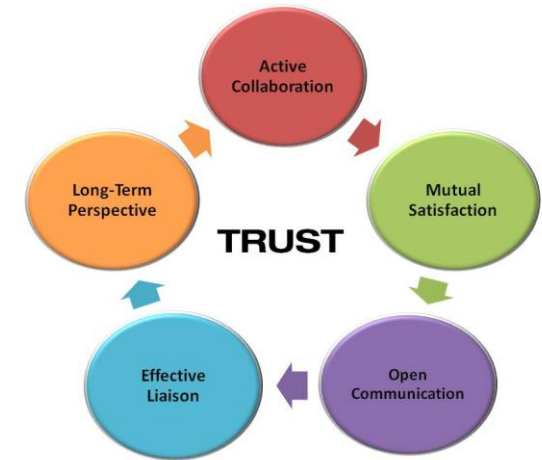
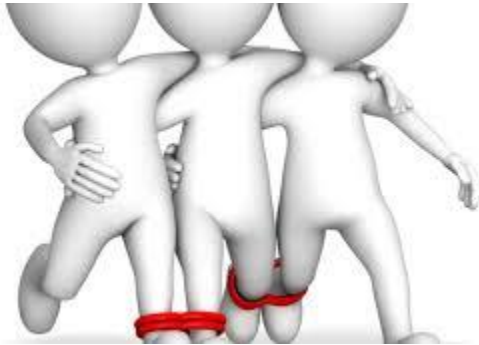


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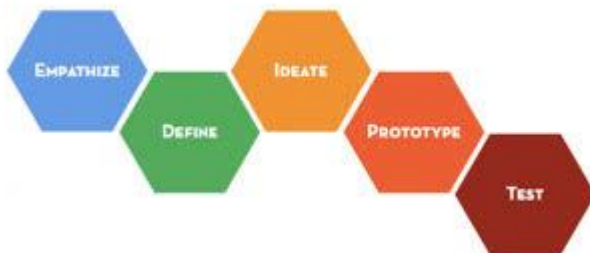
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Partnership Lessons



Implementation Science

- *"Evidence based research outcomes should be complemented by evidence based implementation"*



Who needs to do what differently?

Which barriers and enablers need to be addressed?

How will we measure behaviour change?

Should researchers be the same people that implement?

Key Activities



Systematic Approach to Enhance Readiness – Optimise Efficiency and Reduce Injury.



Baseline Testing for Injury Prevention and Performance Optimization



Injury / Illness Prevention

Understand task requirements, understand injury / illness history, understand loads, understand required preparation to undertake loads, monitor and implement injury / illness prevention program.



Performance Optimisation

Establish current physiological and nutritional profiles, define the demands, evaluate current training protocols, develop individual training protocols.



Integrated, Holistic Approach

Establish a task force charged with identifying multifactorial determinants to performance, injuries, illness and readiness to perform.



Set up and implement monitoring tools
Capture self reported health and wellbeing data, training loads, applying the 30 second rule.



Grow Capability

Support the development of staff charged with planning, training and monitoring of personnel.