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**Safety Tip**

Welcome Back

**Did you know?**

An injury is more likely to occur following holidays or extended breaks from sport?

This can occur due to:

* Changes while you were away
* Our minds may not be on the job, but on catching up with friends and colleges after our break
* Rushing to complete things before we get back into the operational rhythm and swing of things

People can be away from sport for extended periods due to a number of reasons, such as:

* Family Holidays
* Holiday breaks like Christmas or Easter
* Extended sick leave
* An injury

**It’s time to re-focus!**

When you get back to sport, it’s time to:

* Get to know your fitness level again
* Get to know your team again
* Talk about changes that may have occurred while we were away
* Talk about improvements or other updates or issues that have occurred or can be made

For further information, please Email us at [safety@GUFC.com.au](mailto:safety@GUFC.com.au)