

## EDITORIAL

In this final edition for 1986 it is encouraging to report on one of the effects of triathlon competition since this was one of the fastest growing sports during 1986. (Interestingly, one of the authors, Dr. Davidson, was the original reporter of march haemoglobinuria seen in certain sporting situations.) There were over a hundred triathlon competitions in Great Britain during 1987, including the European short course championships and the European relay championships. Despite the youth of the British Triathlon Association they have already organised themselves to have a professional officer. Triathlon has been added to the 1989 World Games programme, these games bringing together several thousand athletes from 60 countries that are not nationalistic in that competitors march together by sport not country and generally represent those sports not involved in the Olympic Games. In 1987 triathlon will almost certainly be added to the Masters Games to be held in Denmark.

Again we are alerted to the hazards of sport. The eye injuries reported in cricket are of a specific type not previously reported. It has been believed that the eye is protected against injury from larger objects, such as the cricket ball, because the size of the ball is larger than the size of the orbit. It is well recognised that the eye is vulnerable to injuries from smaller objects such as squash balls and shuttle-cocks as they are smaller than the orbit and able to strike the eyeball. It has also been believed that a blow out fracture of the orbit is an injury resulting from an object of smaller size than the orbit striking the eyeball forcibly into the back of the orbit causing a fracture of the floor or medial wall but not involving the orbital margin. If this serious fracture is over-looked it can result in permanent and incurable diplopia. It is apparent from the paper reported here that when the eyeball is struck from below by an object the size of a cricket ball that neither of the above beliefs is

true, clearly altering earlier views on the method of causation of eye injury. The implications are that individuals who are struck in the eye with a cricket ball should undergo a thorough eye examination which should include facial X-rays to exclude possible blow out fracture of the orbit and it has very important implications with regards to preventative headgear.

With regard to motor cycling injuries, it is of interest that such a low incidence was seen when one compares it with injuries seen on motor cycles occurring on public highways. This is similar to a finding by Mr. Kevin Sherman for off-road motor cycling for teenagers cited in Hospital Doctor earlier this year when he found no children in the very serious category and that it was less dangerous than many other sports.

The anecdotal account suggesting one hazard of anabolic steroids is of importance in that it could deter sports people from cheating by the use of such agents.

Many members are already involved with sporting bodies. From time to time requests are received both from individuals who wish to become linked with certain sports and from certain sports asking for medical and physiological assistance. This is a very valuable aspect of the work of our members. Recently we have been asked if any London-based practitioner with an interest in dance and the problems of athletes would like to become medical advisor to a professional ballet school. This would be on a retainer basis and would fit in with full-time general practice. Interested parties should contact Mary Bayford on, 01-8364967.

**Wendy N. Dodds**

Anyone interested in taking part in the London-Paris triathlon relay in 1987, please contact Dr. Wendy Dodds.

## BOOK REVIEW

**Title:** COACH EDUCATION — PREPARATION FOR A PROFESSION  
**Authors:** Programme Committee for Coach Education  
**Publisher:** Spon  
 Price: £25.00      331 pages with Index      Hardback      ISBN 0-419-139605

*Coach Education* is a report of the proceedings of the VIII Commonwealth and International Conference on Sport, Physical Education, Dance, Recreation and Health which was held at Jordanhill College of Education in Glasgow from 18th-23rd July, 1986, i.e. immediately prior to the Commonwealth Games in Edinburgh.

The Organisers of the Conference must be congratulated on publishing and making available to delegates on the opening day of the Conference seven volumes of Conference Proceedings and also they must be congratulated on the speed with which this report has been published.

The theme of the Conference was established in an opening discussion paper by John Lyle. This was designed to stimulate responses from invited speakers. There were evaluations by representatives from Australia, Canada and the UK of their respective Coach Education Programmes.

The book is divided into five Sections: Where are we Now, The Nature of Coaching, Structure and Content, Professional Development and finally there is a Section of Workshops and Supporting papers. This last I found the most interesting. Just how much of the 327 pages relates to poolside, trackside or playing field coaching is hard to assess.

The book should provide a source of useful information and reference. At £25 it is expensive.

**John Le Masurier, DipPE**