

For immediate release

15 February, 2017

Game day could cost you: Can you afford a sporting sickie?

- ➔ Over 2 million Aussies sidelined from work due to sporting injuries
- ➔ Football the leading cause of injuries requiring a trip to emergency
- ➔ finder.com.au warns sporty Aussies to be safe and take out [income protection](#)

15 February, 2017, Sydney, Australia – With the footy season around the corner, new research by finder.com.au, Australia’s most visited comparison website¹, reveals nearly 2 million Aussies have taken time off work as a result of a sporting injury in the past five years.

The finder.com.au survey of 2,031 Australians found almost half a million people were forced to take unpaid leave in order to recover from a sporting mishap, while 178,000 were forced to leave the workforce completely because their injuries were so severe.

Bessie Hassan, Money Expert at finder.com.au, warned sporty Aussies to consider the potential impact of a serious injury before signing up for a season.

“Participating in sport is great for socialising and maintaining fitness, however, like any physical activity there are risks to consider,” she said.

A 2014 report from the Australian Institute of Health and Welfare found around 36,000 people aged 15 and over were hospitalised during 2011-2012 due to a serious injury while playing sport.

“Football is the leading cause of injuries requiring a trip to emergency – with around one-third of all sports injury hospitalisations associated with playing various codes of football,” said Ms Hassan.

She advised Aussies to [consider income protection](#) as we approach the peak season for organised sport in Australia.

“With women’s sport, particularly AFL, currently in the spotlight, we’re anticipating an

¹ Experian Hitwise since 2015

increase in participation, which also means an increase in the number of injuries forcing both men and women to take time off from work,” said Ms Hassan.

The [finder.com.au](https://www.finder.com.au) survey showed men (16%) were only slightly more likely than women (13%) to require time off work due to a sporting injury, however they were more likely than women to have to give up work long term due to a sporting injury.

“Income protection can give you peace of mind that you’re covered, whether you injure yourself on the football field or the netball court,” she said.

“The benefit is that if you are seriously injured you can be covered for up to 75 per cent of your monthly gross income, eliminating potential added financial worries and letting you focus on your recovery. Some income protection policies also have add-ons which pay you extra for medical and rehabilitation expenses,” said Ms Hassan.

[finder.com.au](https://www.finder.com.au) tips for comparing income protection online:

1. Evaluate how long you can sustain yourself without income support (e.g. do you have savings to pull you through during a waiting period?)
2. Consider how long you want your protection to last
3. If getting back to work as soon as possible is important to you, consider a rehabilitation benefit
4. Seek professional advice if you think you need assistance understanding the application process or need clarification

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