



NUNAWADING NETBALL CLUB

Policy Name	Injury Management
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Guidelines for Injury Management

The following information is provided to assist coaches in managing the wellbeing of their players in relation to injuries, accidents and medical conditions and to provide guidelines on the appropriate action to take in relation to each of these situations if they arise on game day or at training. It also outlines expectations of players returning from injury or with active medical conditions / injury.

First Aid Kits

All match-day bags contain first aid kits that are re-stocked at the commencement of each season. All coaches are responsible for keeping the first aid kit and should check the first aid kit regularly throughout each season and advise their committee coordinator of any items required to restock the kit.

Medical conditions

Players with existing medical conditions, which may affect their ability to perform, are expected to inform their coach prior to each season. This includes, but is not limited to, asthma, Type I Diabetes and anaphylaxis. Emergency treatment plans should also be discussed with the coach in the event a player should require assistance in treating said medical condition and a parent/guardian is not present. At the coach's discretion, it may be necessary to confidentially advise the team manager and other committee members. Coaches cannot be responsible for illnesses or conditions that are not disclosed to the club.

Injuries/Accidents

The coach or any available committee representative will manage any injuries or accidents occurring at Nunawading Netball Club training sessions. The training first aid kit is available for treating minor injuries/accidents. A phone will also be available for emergency calls. In the case of serious injury or accident where a parent/guardian is not present, the coach should attempt to call the emergency contact numbers provided, to gain instructions in relation to treatment. If unable to reach any emergency contact numbers, the coach should consult with another coach or committee representative at

the training session (if available) and determine the most appropriate action to take. If in any doubt about the wellbeing of the player, the coach should call an ambulance immediately, stay with the player and ensure another coach/adult continues to try and contact the emergency numbers provided. An Injury Report Form (see Appendix 1) needs to be completed and signed by the coach (or primary person treating the injury/illness) and the injured player/parent. The club secretary needs to be notified and the form forwarded to him/her for filing. During competition, the coach needs to be aware of any medical conditions relating to their players and take the appropriate action to remove a player from the court if they deem necessary. The coach or parent/guardian (if present) should escort the injured player off the court for medical treatment. If a player sustains an injury during competition, the first aid officer at MENA should be notified and the injury recorded. This is important for insurance purposes. In the case of serious injury or accident during competition where a parent/guardian is not present, the coach should follow the same procedures as outlined for training sessions.

Returning from injury or illness

If a player presents at training, or for competition matches, it will be assumed they are ready to fully participate in both unless the player or parent/guardian specifically instructs the coach otherwise. It is the responsibility of the player/parent/guardian to advise of any modified training or match requirements e.g. play quarter/half for next n weeks, etc. Your return-to-netball will be agreed to in consultation with the coach with the teams' best interests as the priority.

Committee Support

Coaches are encouraged to confidentially discuss concerns regarding the physical wellbeing of their players with committee members, if they require support/assistance in managing situations at any time.



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Appendix 1

Incident Report Template

Name and role of person completing this form:

Signature of person completing this form:

Date:

Incident

Date and time of incident:

Name/s of person/s involved in the incident and team:

Description of incident:

Witnesses (include contact details):

Reporting of the incident to club/association

Incident Reported to:

Date:

Please email report to:
secretary@nunanetballcom.au

Follow Up Action

Description of actions to be taken: