



South Upwey Netball Club

Guidelines for Injury Management

Purpose of this Policy

As a club, we have a duty of care to both playing and non-playing members at training sessions, games and social events. This duty of care includes providing First Aid and managing injuries when necessary.

South Upwey Netball Club, Inc aims to ensure the wellbeing of players, coaches, umpires, parents and supporters during times of accident or injury consistently implementing a planned management strategy that will cater for all circumstances.

The following information is provided to assist coaches in managing the wellbeing of their players in relation to medical conditions, accidents, and injuries. It also outlines expectations of players with active medical conditions and/or returning from injury sustained during netball or outside of netball.

First Aid Kits

- All match-day/training bags contain first aid kits that are re-stocked at the commencement of each season.
- Coaches will regularly check the first aid kit/s throughout each season and advise the *uniform and equipment manager* of any items required to re-stock the kit and/or will purchase items for reimbursement

Medical Conditions

- Players with existing medical conditions, which may affect their ability to play or train, are expected to inform their coach prior to each season. This includes, but is not limited to, asthma, diabetes, anaphylaxis and growing-related conditions. Emergency treatment plans should also be discussed with your coach.
- Coaches cannot be responsible for illnesses or conditions that are not disclosed to the club.
- All prescription medications and products such as (but not limited to) Ventolin, Panadol or aspirin, antifungal creams and powders, antibiotic creams and ointments, anti-inflammatory tablets and sunscreen should be supplied by the individual participant and NOT supplied by coaches or committee members

Treatment of injuries

All care will be taken to ensure the safety of all players and coaches.

- The coach or available committee member will manage any injuries or accidents occurring at training sessions.
- In the case of serious injury or accident where a parent/guardian is not present, the coach/available committee member will attempt to call the emergency contact numbers in the order specified (provided by parents/guardians via registration forms) to gain instructions in relation to treatment.
- If unable to reach any emergency contact numbers, the coach will consult a senior coach or committee member at the training session and determine the most appropriate action to take. If in any doubt about the wellbeing of the player, the coach will 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](#) will be completed and signed by the primary person treating the injury/illness



- Parents/Guardians will be notified of the injury as soon as possible.
- South Upwey Netball Club, Inc will endeavor to provide at least 1 (one) Level 1 first aid officer at all training sessions. South Upwey Netball Club Inc is not obligated to do so.

Emergency Procedures

South Upwey Netball Club team officials and committee members will call emergency services, based on the information they are privy to in a given situation. Coaches and Committee members will have medical information (provided by parents/guardians via registration forms) accessible for training sessions, this will include emergency contact information of each player (provided by parents/guardians via registration forms).

It is up to players or parents/guardians to inform team officials (and committee members where necessary) of medical plans, emergency procedures or other medical information where needed.

Game day competition or tournament

- During competition, coaches will 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 parent/guardian (if present) or an appropriate adult should escort the injured player to the medical treatment area at the MDNA courts. If the player is unable to move, the parent/guardian should stay with the injured player and nominate another adult to go to the medical area and alert the staff on duty of the need for medical treatment at the courtside.
- If a player sustains an injury during competition, the sports trainer at the MDNA should be notified and the injury recorded on the back of the score card. 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 following illness, it will be assumed they are ready to fully participate in both unless the players or parent/guardian specifically instructs the coach otherwise
- When a player returns to training or competition after a significant injury requiring medical treatment, a clearance certificate from the medical professional (eg physiotherapist, osteopathist, GP, etc)
- 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. A players return-to-netball will be agreed to in consultation with the coach with the teams' best interests as the priority

Concussion

South Upwey Netball Club is bound by [Netball Australia's Community Netball concussion policy](#)

Recognising a Suspected Concussion

Although a medical practitioner should formally diagnose a concussion, all sport stakeholders including players, parents, coaches, officials, teachers, and trainers are responsible for recognising and reporting players with visual signs of a head injury or who report concussion symptoms.

Watch for when a player collides with:

- another player.
- a piece of equipment; or



- building structure / fixture or fittings
- the ground

Recognising concussion is critical to correct management and prevention of further injury. Onlookers should suspect concussion when an injury results in a knock to the head or body that transmits a force to the head. A hard knock is not required, a concussion can occur from relatively minor knocks.

Common visual cues or signs (what an onlooker may see) include:

- Lying motionless on the playing surface
- Getting up slowly after a direct or indirect blow to the head
- Being disoriented or unable to respond appropriately to questions
- Having a blank or vacant stare
- Having balance and coordination problems such as stumbling or slow laboured movements
- Having a face or head injury

Important Note: Loss of consciousness, confusion and memory disturbance are all classic features of concussion. The problem with relying on these features to identify a suspected concussion is that they are not present in every case.

Common symptoms (what the player reports):

- Headache
- Feeling "Pressure in the head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- Feeling more emotional than usual
- Being more irritable than usual
- Sadness
- Being nervous or anxious
- Neck pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slow
- Feeling like "in a fog"

Concussion should be suspected if the player presents with one or more of these signs and symptoms, and the player should be immediately removed from play.

Return to play from concussion:

Concussion return to play (regardless of where the concussion was sustained) is governed by [Netball Australia's Community Netball policy](#) and return to play will be supported by the committee in conjunction with the parent/guardian/player.

Roles & Responsibilities

The Committee are responsible for providing robust policy and procedure guidelines for its members in relation to what is deemed acceptable and appropriate behaviours and adhering to and applying this policy and procedure accordingly.

Uniform and equipment manager is responsible for the continued upkeep of the first aid kits

Members (playing and non-playing) and Officials are responsible for adhering to all aspects of this policy and procedure.



Reporting of Injuries

Sporting Associations, Leagues and clubs play a crucial role in the prevention of sports injuries and it is important that they provide participants with a safe environment. Sports injuries are not an inevitable part of participation, and many injuries can be prevented or controlled by a variety of injury prevention strategies.

Preventive efforts can reduce the incidence and severity of injuries, improve health and performance, and reduce health care costs to both individuals and society. It is important that South Upwey Netball Club, Inc records any injury sustained during training or competition. The [Injury Reporting Form](#) allows for many factors to be recorded (including environmental, court conditions, etc) and will enable the club to adequately record and begin to identify possible causes of injuries. The Injury Reporting Form is available on our club website.

South Upwey Netball Club will then be well equipped to develop and implement injury prevention strategies to decrease the number and severity of injuries occurring.

All injuries should be referred to a medical expert for diagnosis and treatment.

Insurance Claim Forms

Please note that Injury Reporting Forms are for recording the incidence of injury (for the club). To make a claim in relation to an injury sustained whilst participating in an affiliated Association you need to complete an Injury Claim Form. Visit <https://www.howdengroup.com/au-en/netball-australia> to find out how to make a claim.

Child Safety

We all have an obligation to do the best we can to keep children safe from harm and abuse. As of 1 January 2017, the Victorian Child Safe Standards were introduced and apply to all sporting organisations that operate and provide sporting services to children within Victoria.

As a result, Netball Victoria formally adopted the Child Safe Standards and developed the [Child Safety Code of Conduct](#) and the [Child Safety in Netball Policy](#). South Upwey Netball Club, Inc adheres to these policies and codes of conduct.

Reporting

All members of South Upwey Netball Club Inc (playing and non-playing), have a responsibility to immediately report in writing (via email: southupwey.netball@gmail.com or to an executive committee member) any inappropriate or unlawful conduct. All reports will be treated seriously and investigated in accordance with this Policy and Procedure.

Any member who feels that they have been the victim of a breach of this Policy:

- Should make note of the date, time and location of the incident
- Should immediately report the incident to the President and/or a Committee Member