



GAZELLES NETBALL CLUB

## **Gazelles Netball Club Injury management procedure**

*Version 1.0  
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### **Roles & Responsibilities**

If a player is in attendance at a club training or game, it is the responsibility of the player (or guardian) to ensure they are fit to be in attendance. Coaches and club officials will assume players are fit unless advised otherwise.

Player (or if under 18 guardian)- to ensure they are fit and healthy to attend training and/or games, and to manage any injuries in accordance with medical advice.

Coach- to monitor players health and wellbeing during training and games and discuss any concerns with the player (or guardian). To ensure they have access to a first aid kit and list of player emergency contacts at all times.

Club- to ensure all players (and guardians) and coaches are aware of and follow the injury management procedure

Association- to engage a qualified first aid provider to be present at all matches

### **Injuries during club training**

- Minor cuts and grazes can be treated on the sideline by the parent, coach or a suitable club representative.
- Moderate injuries such as twists and sprains should be treated with caution, and the player rested for the remainder of training.
- In the event of a serious injury the player should be assisted to seek immediate medical treatment. The club reserves the right to call an ambulance if deemed necessary.

### **Injuries during matches**

Where a player is required to hold-time during a game the following procedures apply

- Minor cuts and grazes can be treated on the sideline by the parent, coach or a suitable club representative.

AFFILIATED WITH ELIZABETH NETBALL ASSOCIATION AND SA DISTRICTS NETBALL ASSOCIATION



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- Players may return to court after receiving sideline treatment
- Moderate injuries that do not require immediate first aid such as twists and sprains should be treated with caution, and the player rested for the remainder of the match.
  - In the event the player (or guardian) feel they can return to the game after a break, the coach can use discretion.
- Moderate or severe injuries that require first aid (including ice) must be treated with caution and the player cannot return to court for the remainder of the match.
- Where a head injury has occurred, irrespective of the severity, the player must be removed from court and not return for the remainder of the match.

### **Returning to training and games after injury**

- Responsibility for managing return from injury rests with the player (or guardian)
- Where a player has a minor or moderate injury (such as bruising, grazing and some twists or sprains) the player (or guardian) can communicate fitness with the coach. No medical clearance is required.
- Where a player has a moderate to severe injury that requires ongoing treatment by a medical professional, the player is required to seek clearance to return to training and games. This clearance should be in writing. It is the responsibility of the player (or guardian) to ensure appropriate clearance is obtained and this should be available to club on request.
- Where a head injury or concussion has occurred, the player must receive medical clearance in writing. The player must provide the written clearance to the club before taking part in any training or matches. Failure to provide clearance will result in the player being unable to participate.