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Policy Title	Injury Policy
Date of Original Issue	06/06/2012
Review Date	Two yearly
Review Responsibility	President
Replaces policy	Nil

The Mt Barker United Netball Club promotes and is committed to the safety and wellbeing of its members. This includes players, coaches and families. Whilst it is expected that players will take it upon themselves to ensure they are physically capable to take to the court and undertake training activities, the Club will also ensure that there is a safe environment for these activities to occur and has developed this policy to ensure those suffering from injury or illness are catered for as well as providing a fair and equitable situation for all.

Injury resulting in inability to trial

Where a player is unable to trial due to injury, the Club should be notified in writing clearly outlining the extent/severity of the injury. A medical clearance will be required before the player is able to take to the court and/or undertake trainings. If the injury or illness is not disclosed to the Club and/or selectors the player will be considered fully fit and capable of undertaking all physical activities related to netball. The determination of grading is covered in the *Club Selection/Trial Policy* and will be considered on a case by case basis.

Injury during the season

Any player with an injury or illness which renders them unable to play or train for two or more weeks will be required to gain Medical Clearance from their doctor or other health professional before recommencing any participation in training or games.

The Medical Clearance form must be sighted by the coach and a committee member. This will then be documented by the Club and the record destroyed.

No injured player is to participate at trainings unless a status report from their doctor or health professional has been signed and noted by the Club enabling them to do so.

This will ensure the player, coach and Club are protected and the risk of re-injury is minimised.

Senior players and those junior players in grades with more than one division (e.g. Under 13 Div. 1, Under 13 Div. 2) with long-term injuries, extending over 4 (four) games (one month), cannot expect to have a place 'held' for them in the team in which they were selected/playing. After clearance, the player may need to return to a team in the grade below which they were originally selected/playing in, unless there is no team below.

The player will have to show their ability, match fitness and performance. Consideration will then be given to movement back to their original team as part of the 'trial' process. Coaches will have the final say, however, it is recommended that a panel of at least 2 (two) be involved in the determination of the grading of that player.

Players returning with clearance after short term injuries (greater than 2 (two) weeks but less than 4 (four) weeks) will be placed back into their original graded team. However, it is up to the discretion of the Coach whether the players' match fitness, ability and performance enable them to remain in that team.

Where there are no divisions (one team in whole age group) within a grade, any junior players returning from long term injury will resume in the team/age group they were originally selected/playing with.

Other:

- All injuries and illnesses which affect a players' ability to perform in a full capacity, on court and at trainings, must be brought to the attention of the coach as soon as possible.
- Each player should have a medical form completed at the beginning of each season (via PlayHQ registration) and signed by themselves or their parent/guardian (for those under 18) prior to taking to the court.
- In addition, all players/families/guardians must pay the insurance fee set by the Association/Club prior to taking to the court, this covers the player for any injury they incur whilst training or playing (included in registration fees).

Should a player, coach or family dispute the outcome of the player placement after injury their grievance should be lodged, in writing, to the Club for consideration by the Committee.

Please see the Clubs' *Complaints & Grievance Process* for more details.

Linked documents

Trial and Team Selection Policy

Document History – Injury Policy

Date	Action (amendment/deletion/new/review/temporary variation)
06/06/2012	New Policy created
20/01/2018	Review – amendments made
29/04/2022	Review – amendments made
29/04/2023	Review – changed Responsible person
14/11/2023	Review – aligned signatories across all documents

APPROVED BY VICE-PRESIDENT

Lisa Frost (Child Safe Officer)



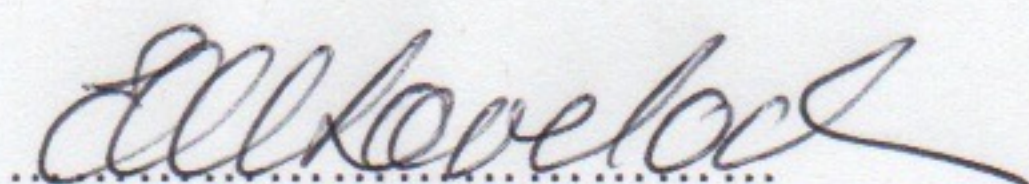
Signature

18/1/24

Date

APPROVED BY PRESIDENT

Emily Lovelock



18/01/24