

WNC Injury Process and Policy

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

First Aid Kits

- All match-day bags contain first aid kits that are re-stocked at the commencement of each season.
- A communal first-aid kit is available at training. The team manager is responsible for keeping the first aid kit and coaches will be notified at the beginning of the season as to who this is.
- Coaches and team managers should check the first aid kit regularly throughout each season and advise the club secretary of any items required to re-stock the kit.

Medical conditions

- Players with existing medical conditions, which may affect their ability to perform, are expected to inform their coach and/or manager prior to each season. This includes, but is not limited to, asthma, Type I Diabetes, anaphylaxis and growing-related conditions (i.e. Osgood-Schlatter's and Sever's disease). Emergency treatment plans should also be discussed with your coach in the event you should require assistance in treating your medical condition and your parent/guardian is not present. At the coach's discretion, it may be necessary to confidentially advise the team manager.

Injuries/Accidents

- The training first aid kit is available for treating minor injuries/accidents.
- In the case of serious injury or accident where a parent/guardian is not present, the coach or manager should attempt to call the emergency contact numbers provided to them. If unable to reach any emergency contact numbers, the coach should consult with a club committee member at the training session or game and determine the most appropriate action to take. If in any doubt about the wellbeing of the player, the coach/manager 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 needs to be completed by the coach (or primary person treating the injury/illness). Once completed the club secretary will be notified. (Link to the form at the end of this document).
- 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.
- 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.

- If as a result of injury the player is unable to continue the season please refer to the clubs refund policy in relation to a refund.
- If an insurance claim is required as a result of the injury the player (or parent/guardian) should submit a claim to Netball NSW. (Link at the end of this document).

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 players or parent/guardian specifically instructs the coach/manager 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 & Manager 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.
- Committee members should follow up and check on the well being of any player injured during training/competition.

Useful Links:

Injury Form - https://docs.google.com/forms/d/e/1FAIpQLSetJqKiEI2SAeavBug-zpU4_BCsGH4U2MqMIOipSlpRIBYaA/viewform?usp=sf_link

Netball NSW Injury Form –

[https://www.willisnetball.com/uploads/contentFiles/files/Netball%20NSW%20Sports%20Injury%20Claim%20Form%202016%20-%202017\(2\).pdf](https://www.willisnetball.com/uploads/contentFiles/files/Netball%20NSW%20Sports%20Injury%20Claim%20Form%202016%20-%202017(2).pdf)

WNC Refund Policy – Refer to the Club Website.