



REG NO. A0019001H

# Guidelines for Injury Management

The following information is provided to assist coaches in managing the wellbeing of their players in relation to medical conditions, accidents, and injuries. It will provide guidelines on the appropriate action to take in relation to each of these situations if they arise at training or during game day competition/tournament. 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.
- A communal first-aid kit is available at training. A committee person or parent will be 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 coach coordinator of any items required to re-stock the kit.

## 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 (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 in the event your parent/guardian is not present. At the coach's discretion, it may be necessary to confidentially advise the team manager or game day association first aider.
- 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.

## Injuries/Accidents

### Training Sessions:

- The coach or available committee representative will manage any injuries or accidents occurring at Highvale Netball Club training sessions.



- Coaches also have access to the facilities in the medical treatment area at the Ashwood courts.
- 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 on the back of team sheets, in the order specified, to gain instructions in relation to treatment. If
- unable to reach any emergency contact numbers, the coach should consult with 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 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 and signed by the coach (or primary person treating the injury/illness) and the injured player/parent. The club president needs to be notified and the form forwarded to him/her for filing. The risk register will then be updated

#### **Game day competition or tournament:**

- 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 team manager or parent/guardian (if present) should escort the injured player to the medical treatment area at the WNC. If the player is unable to move, the team manager or 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 Waverley Netball Centre (WNC) 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 any injury other than concussion, it will be assumed they are ready to fully participate in both unless the players 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.



## Concussion Policy:

Highvale Netball Club is bound by Netball Victoria's concussion policy:

<https://vic.netball.com.au/sites/vic/files/2022-02/NV%20Concussion%20Management%20Policy-%20Final.pdf>

### 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 Victoria and return to play will be supported by the committee in conjunction with the parent/guardian/player.

## Injury Reporting

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 Highvale Netball Club records any injury sustained during training or competition.

Information on the injury report form should include:

- The name of the injured person
- The date and time of injury
- The date and time of treatment
- Name of the person giving treatment
- Brief summary of treatment
- Brief note on cause of injury
- Brief note of outcome / referral

An Injury Reporting Form allows for many factors to be recorded (including environmental, court conditions, etc) and will enable HNC to adequately record and begin to identify possible causes of injuries.

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

HNC has a duty of care to all players and support personnel to respond appropriately in the case of injury, illness or emergency; to mitigate the risk of loss, damage or liability.

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. 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://netball.vinsurance.com.au/16/How-to-Make-a-Claim> to find out how to make a claim.

## Committee Support

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

Co-Presidents: Tanya Frost 0422 415 367 or Brooke Kaliwell 0429 544 573



### NETBALL INJURY REPORTING FORM

Name: \_\_\_\_\_


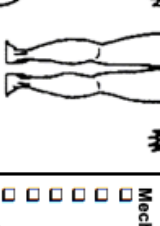
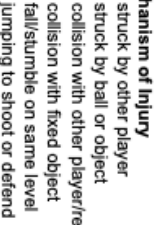

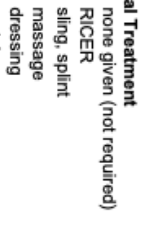
Circle appropriate response: Player / Umpire / Administrator / Coach / Spectator

Team: \_\_\_\_\_ Grade: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Gender: M  F

Association at which injury occurred: \_\_\_\_\_

<p><b>Date of injury</b> ____/____/____</p> <p><b>Type of activity at time of injury</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> training/practice</li><li><input type="checkbox"/> competition</li><li><input type="checkbox"/> other _____</li></ul> <p><b>Reason for Presentation</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> new injury</li><li><input type="checkbox"/> exacerbated/aggravated injury</li><li><input type="checkbox"/> recurrent injury</li><li><input type="checkbox"/> illness</li><li><input type="checkbox"/> other _____</li></ul>	<p><b>Nature of Injury/Illness</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> abrasion/graze</li><li><input type="checkbox"/> sprain eg ligament tear</li><li><input type="checkbox"/> strain eg muscle tear</li><li><input type="checkbox"/> open wound/laceration/cut</li><li><input type="checkbox"/> bruise/contusion</li><li><input type="checkbox"/> inflammation/swelling</li><li><input type="checkbox"/> fracture (including suspected)</li><li><input type="checkbox"/> dislocation/subluxation</li><li><input type="checkbox"/> overuse injury to muscle or tendon</li><li><input type="checkbox"/> blisters</li><li><input type="checkbox"/> concussion</li><li><input type="checkbox"/> cardiac problem</li><li><input type="checkbox"/> respiratory problem</li><li><input type="checkbox"/> loss of consciousness</li><li><input type="checkbox"/> unspecified medical condition</li><li><input type="checkbox"/> other _____</li></ul> <p><b>Provisional diagnosis/es</b> _____</p>	<p><b>Explain exactly how the incident occurred</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><b>Were there any contributing factors to the incident, unsuitable footwear, playing surface, equipment, rough play?</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Advice Given</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> immediate return unrestricted activity</li><li><input type="checkbox"/> able to return with restriction</li><li><input type="checkbox"/> unable to return at present time</li></ul> <p><b>Referral</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> no referral</li><li><input type="checkbox"/> medical practitioner</li><li><input type="checkbox"/> physiotherapist</li><li><input type="checkbox"/> chiropractor or other professional</li><li><input type="checkbox"/> ambulance transport</li><li><input type="checkbox"/> hospital</li><li><input type="checkbox"/> other _____</li></ul> <p><b>Provisional severity assessment</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> mild (1-7 days modified activity)</li><li><input type="checkbox"/> moderate (8-21 days modified activity)</li><li><input type="checkbox"/> severe (&gt;21 days modified or lost)</li></ul> <p><b>Treating person</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> medical practitioner</li><li><input type="checkbox"/> physiotherapist</li><li><input type="checkbox"/> nurse</li><li><input type="checkbox"/> sports trainer</li><li><input type="checkbox"/> other _____</li></ul> <p><b>Signature of treating person</b></p> <p>_____</p>
<p><b>Body Region Injured</b></p> <p>Tick or circle body parts injured &amp; name</p> <p></p> <p></p> <p></p> <p></p> <p></p> <p><b>Body parts</b></p> <p>_____</p> <p>_____</p>	<p><b>CAUSE OF INJURY</b></p> <p><b>Mechanism of injury</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> struck by other player</li><li><input type="checkbox"/> collision with ball or object</li><li><input type="checkbox"/> collision with other player/referee</li><li><input type="checkbox"/> collision with fixed object</li><li><input type="checkbox"/> fall/stumble on same level</li><li><input type="checkbox"/> jumping to shoot or defend</li><li><input type="checkbox"/> fall from height/tawkward landing</li><li><input type="checkbox"/> overexertion (eg tear muscle)</li><li><input type="checkbox"/> overuse</li><li><input type="checkbox"/> slip/trip</li><li><input type="checkbox"/> temperature related eg heat stress</li><li><input type="checkbox"/> other _____</li></ul>	<p><b>Protective Equipment</b></p> <p>Was protective equipment worn on the injured body part?</p> <p><input type="checkbox"/> yes</p> <p><input type="checkbox"/> no</p> <p><b>If yes, what type eg ankle brace, taping.</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p><b>Initial Treatment</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> none given (not required)</li><li><input type="checkbox"/> RICER</li><li><input type="checkbox"/> sling, splint</li><li><input type="checkbox"/> massage</li><li><input type="checkbox"/> dressing</li><li><input type="checkbox"/> crutches</li><li><input type="checkbox"/> manual therapy</li><li><input type="checkbox"/> stretch/exercises</li><li><input type="checkbox"/> CPR</li><li><input type="checkbox"/> strapping/taping only</li><li><input type="checkbox"/> none given - referred elsewhere</li><li><input type="checkbox"/> other _____</li></ul>	<p><b>Today's Date:</b> ____/____/____</p>

INJURY REPORT FORM TO BE RETAINED BY ASSOCIATION/CLUB