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NETBALL ACT

POLICY DOCUMENT

POLICY NAME:	Netball ACT Medical Management Policy
DATE WRITTEN:	9 August 2013
DATE APPROVED:	21 July 2014
DATE UPDATED:	8 December 2018
RESPONSIBLE OFFICER:	Talent and Performance Manager, Netball ACT

1. PURPOSE

Netball ACT is committed to the health and wellbeing of all athletes that participate in Netball ACT programs or representative teams. The Netball ACT Medical Management policy has been implemented to ensure all stakeholders involved in the training of athletes know their obligations when dealing with an injury or illness of an athlete.

In implementing this policy, Netball ACT ensures that all athletes are supported by the best practice medical services. In addition, any injuries or illness are appropriately reported and athletes are receiving the best medical treatment and rehabilitation services available.

2. WHO DOES IT APPLY TO?

The Netball ACT Medical Management Policy applies to all athletes, coaches, umpires/officials, and administrators who are selected into a Netball ACT Academy Programs or Representative Teams or provide support services. This policy is inclusive of all training, games and/or tournaments associated with these programs and representative teams. The programs and representative teams that are covered by this policy include:

- Netball ACT Academy Programs:
 - Develop a Diamond Academy (DADA)
 - Developing Talented Athlete Program (DTA)
 - Emerging Talented Athlete Program (ETA)
 - Talented Athlete Program/ACTAS (TAP)
 - Associate Academy Scholarship Program (AAS)
- Representative Teams:
 - ACT U17, U19 State Netball Teams
 - U17 Development Squad
 - Canberra GIANTS
 - Canberra GIANTS Development Squad

An athlete, coach, umpire/official and support staff are defined as an individual who has completed a nomination form and has been notified by Netball ACT or ACT Academy of Sport (ACTAS) of their inclusion in one of the above programs or representative team.

Athletes who are current TAP/ACTAS scholarship holders will be subject to the ACTAS Medical Management Policy for the duration of their scholarship. These athletes will be subject to the Netball ACT Medical Management policy during the period of time when they are travelling and/or competing for one of the Netball ACT representative teams outlined.

3. OBLIGATIONS

The following obligations are to be followed by each individual that is involved in the management of Netball ACT athletes. Immediately upon becoming ill or injured, the following steps shall be followed:

3.1 Athletes and Umpires/Officials

- Take all reasonable steps to minimise any further illness or injury;
- Follow the Injury Management Protocols as outlined in Annexure One
 - Current TAP/ACTAS scholarship holders must also notify the ACTAS Sports Medicine Coordinator as soon as possible or within 24 hours of the illness and/or injury occurring.
- Attend an appropriate medical practitioner and/or health professional as identified in section 4. Unless otherwise agreed upon with by the Talent and Performance Manager for examination as soon as possible;
- Provide a copy of the medical report by the medical practitioner and/ or health professional to the Talent and Performance Manager within 24 hours of appointment attendance;
 - TAP/ACTAS scholarship holder athletes/parents must also provide a copy of the medical report to the ATCAS Sports Medicine Coordinator within 24 hours of appointment attendance.
- Follow the medical management/rehabilitation plan set by the practitioner and/or health professional;

3.2 Coaches and Support Staff

- Maintain current and up to date First Aid and CPR qualifications;
- Take all reasonable steps to minimise any further illness or injury;
- Complete an injury report into the CareMonkey system
- Reinforce the need for the athlete to attend an appropriate medical practitioner and/or health professional;
 - Provide details to the athlete regarding Netball ACT's medical network;
- Amend the athletes training program to follow the medical management/rehabilitation plan set by the medical practitioner and/or health professional;
- Ensure the athlete provides the required paperwork and communicates with the appropriate personnel when managing their illness or injury;
- Do not include the athlete in training until a medical clearance or training restrictions are provided regarding participation.

- Do not include the athlete in competition until a full medical clearance has been received specifying, they are cleared to compete.

3.3 Talent and Performance Manager

- Netball ACT's primary point of contact for athletes/ parents and coaches in the case of injury and/or illness occurring;
- Act as a conduit for the flow of information regarding the athlete's illness or injury
- Receive and maintain all records relevant to the management of the athlete's illness or injury;
- Netball ACT's primary point of contact for ACTAS, medical practitioners and/or health professional in the case of injury and/or illness occurring;
- Ensure all parties maintain their obligations in the management of an athlete illness or injury.

4. NETBALL ACT MEDICAL NETWORK

Netball ACT has identified key medical practitioners and health professionals to provide their services; this network has been based on relevant qualifications and experience. Engaging with this network may differ depending on the programs that athletes are participating in at the time of the illness or injury. Athletes are obligated to utilise this medical network for the management of illness and injury when involved with a Netball ACT program or representative team as outlined in section 3.1. Where a practitioner is not specified for a specific service, it is the responsibility of the athlete to engage a recognised medical practitioner and/or health professional and inform Netball ACT.

Athletes whom are current TAP/ACTAS scholarship holders are required to utilise the ACTAS medical network for the management of illness and/ or injury. Athletes must contact the ACTAS Sports Medicine Coordinator for contact details of the appropriate medical practitioners and health professionals.

It is the discretion of Netball ACT's identified medical practitioner and/or health professional to determine whether an athlete's best treatment can be sourced from outside the network. Where this is the case, all relevant information must be made available to Netball ACT's Talent and Performance Manager to ensure the medical management/rehabilitation plan for the athlete is followed and supported by Netball ACT coaches and support staff.

5. PRIVATE HEALTH INSURANCE AND PAYMENT

Netball ACT strongly advises that Athletes and coaches take out private health insurance, it is recommended that the policy should include hospital and extras cover.

It is the responsibility of athletes to pay any medical expenses that may occur. Athletes who are new potential scholarship holders for the TAP/ACTAS program will have an ECG and initial medical screening covered as part of their pre-scholarship screening process. Additional referrals as a result of this screening process will be at the expense of the athlete/parent. Returning athletes may be referred for additional screening which, will also be at the expense of the athlete/parents. Athletes and Parents/Guardians will be made aware of these services as

part of the induction process. ACTAS medical management will be addressed case by case and is at the discretion of the Sports Medicine Coordinator.

In certain circumstances Netball ACT may choose to cover or assist with medical expenses for a particular athlete, this will be determined case by case and is at the discretion of Netball ACT.

All athletes selected into a Netball ACT Academy program or Representative Team are required to complete a medical questionnaire, and complete a musculoskeletal screening utilising identified health professionals from Netball ACT's Medical Network prior to being inducted into the program. This screening process will be at the cost to the athlete/parent.

Physiotherapy will be provided at no cost to athletes whilst they are traveling with an ACT Representative Team. However, upon return or at the completion of the competition any treatment required beyond this time, will be at the expense of the athlete/parent.

6. DISCLOSURE OF MEDICAL INFORMATION

All athletes selected to a Netball ACT Academy program or Representative Team are required to complete a medical questionnaire, and complete a musculoskeletal screening as outlined in section 5. At the time of the screening, athletes must disclose:

- Full details of all conditions, past or current, that may affect their training or performance in competition;
- Full details of all medication, vitamins and supplements that are used or administered;
- The names and addresses of all health care providers that have been consulted in respect to any condition that has affected their training or performance in competition.

Upon accepting a position with a Netball ACT Academy program or Representative Team, athletes authorise Netball ACT's Talent and Performance Manager, Academy/Team Head Coach and/or ACTAS Medical Coordinator to:

- Obtain all information considered relevant to an athlete's training or performance in competition from any medical practitioner and/or health professional that has been consulted in respect to an illness or injury;
- Collect and store all medical information relevant to an athlete's training or performance in competition;
- Disclose any medical information relevant to an athlete's training or performance in competition to any Netball ACT Coach, ACTAS Service Provider, medical practitioner and/or health professional, or relevant Netball ACT or ACTAS personnel as required.

7. ADDITIONAL POLICIES

Netball ACT's Medical Management Policy is to be read in conjunction with, and support of additional Netball ACT, ACTAS and Netball Australia's Integrity in Netball Framework and all associated rules and policies. Athletes and Parents/Guardians are recommended to read and be familiar with, but not limited to the following policies:

- Netball Australia Integrity in Netball Framework
- Anti-Illicit Drugs in Netball Rule

- Supplements and Other Substances in Netball Rule
- Medication in Netball Rule
- Anti-Doping Declaration Rule
- Netball Australia Anti-Doping Policy
- Netball Australia Concussion Policy

Netball Australia Integrity in Netball Framework, associated rules and policies can be found on the Netball Australia [website](#).

Please contact the ACTAS Medical Coordinator for a copy of the ACTAS Medical Handbook.

8. BREACH OF POLICY

If an athlete and/ or coach is found to be in breach of the Netball ACT Medical Management Policy, Netball ACT will deal with the offence through its internal policies. Depending on the severity of the breach and surrounding circumstances, Netball ACT and ACTAS (scholarship athletes only) may impose the following sanctions, which may include but are not limited to:

- A verbal reprimand.
- Placing the individual on an official written “warning”.
- Formal meeting with the Talent and Performance Manager, Head Coach and ACTAS (scholarship athletes only).
- Suspension from taking part in Netball ACT or ACTAS related activity.
- Removal of an athlete and/ or coach from a Netball ACT Academy Program or Representative Team.
- Removal of an athlete and/or coach from involvement in future Netball ACT Academy Programs or Representative Teams.

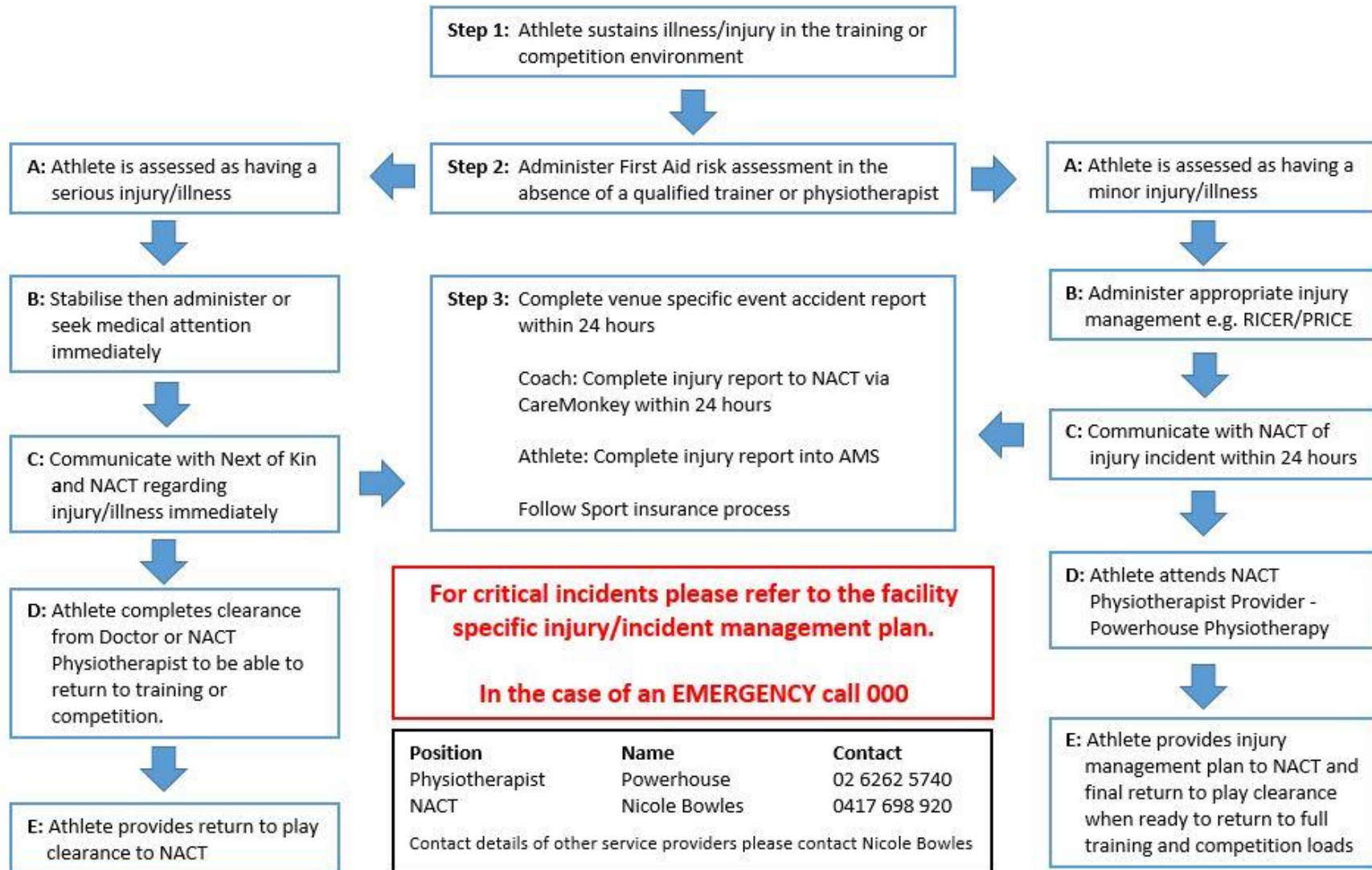
9. CONSULTATION OR ADVICE

This policy has been developed to provide guidance for Netball ACT athletes, parents/guardians, umpires and coaches. Netball ACT athletes, parents/guardians, umpires and coaches who are unsure of their obligation under this policy and are seeking clarification, should contact the General Manager – Netball ACT.

ANNEXURE ONE: INJURY MANAGEMENT PROTOCOLS



Injury Management Protocols



For critical incidents please refer to the facility specific injury/incident management plan.

In the case of an EMERGENCY call 000

Position	Name	Contact
Physiotherapist	Powerhouse	02 6262 5740
NACT	Nicole Bowles	0417 698 920
Contact details of other service providers please contact Nicole Bowles		