

INJURY POLICY

Purpose of our Policy

The Bayside Raiders Netball Club is dedicated to promoting and encouraging safety and supporting the safety efforts of its individual coaches, managers and participants.

Policy Guidelines

- The club recommends an injury is assessed as soon as possible after it occurs by either a medical doctor or at a sports injury clinic. The impact of an injury is often determined by how quickly its management can be implemented.
 - It is essential that the coach receives accurate information about the injury, rehabilitation requirements, time out from training and matches and the recommended re-entry into netball.
 - A player returning from illness or injury that has required medical attention is to provide the coach with a written clearance to resume training or playing; such clearance is to be provided by the player's doctor, physiotherapist.
 - Club coaches will be cautious in the return of any injured player and will introduce the player gradually to full court time. Re-entry must be through training before a return to match play.
 - Where practicable, players should continue to attend training and help the coach. This is excellent for team culture and keeps the injured player involved in team strategies.
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