



Heathmont United Netball Club Injury Management Policy

Purpose:

At HUNC we are committed to keeping our players safe at all times.

It is important to note that Coaches, Team Managers and Club Officials are not expected to have first aid qualifications or medical training. Common sense should be used at all times when approaching and treating an injured player.

A first aid kit is provided to each team that includes essential items for managing bleeding and swelling injuries. If in doubt of how to treat an injured player, ensuring safety to the player and others around them, including those treating the injured player is the most important factor. Never move a player with a suspected spinal injury. Gloves should be worn if coming into contact with bodily fluids. Maroondah Council provide a Duty Manager with first aid training for every competition day. MENA staff can assist in alerting the Duty Manager if they can not be quickly located. Assistance may be sought from the front desk if required, ice can be sourced from here too if needed.

Specific Injury Management:

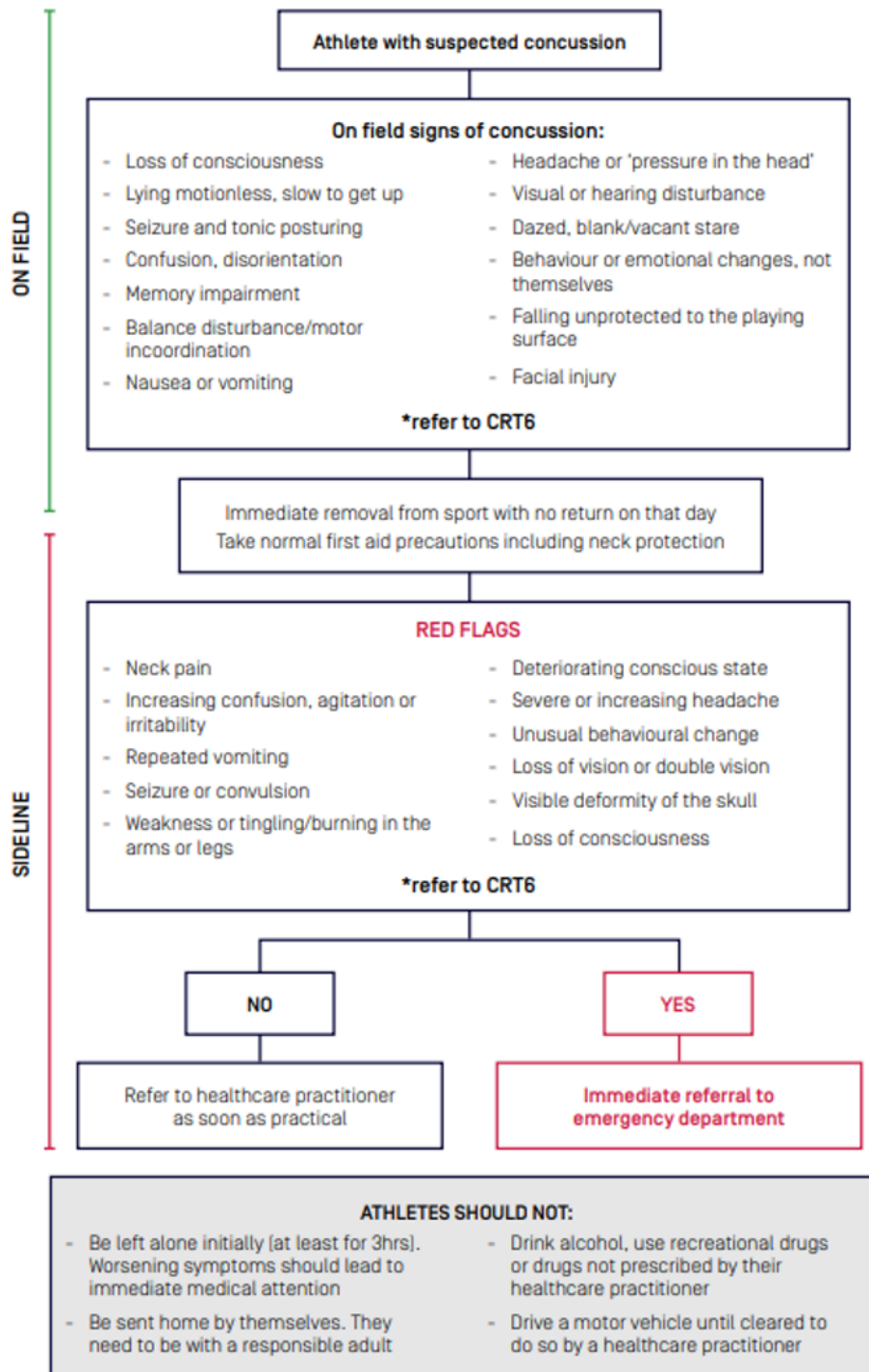
Concussion

Concussion is defined as a brain injury resulting in a disturbance of brain function¹ (AIS, 2024). It can occur due to a collision with another person or object where there are impulsive biomechanical forces to the head.

It can result in signs and symptoms such as, but not limited to, headaches, dizziness, visual disturbance, drowsiness, fatigue, nausea, vomiting, photophobia, decreased reaction time, difficulty concentrating, labile emotions and in extreme situations loss of consciousness or seizures. There may or may not be an obvious injury (swelling, bruising or laceration) to the head. The absence of obvious injury does not exclude a diagnosis of Concussion. Concussion is an evolving condition and signs and symptoms can change throughout the brain's recovery process.

Immediately following a suspected concussion, it is important to assess the injured player for signs and symptoms that require urgent referral to hospital or ambulance services. Using the following flow chart, the signs and symptoms outlined in the section 'Red Flags' must be excluded immediately. Following the flow chart, if Red Flags are present an Ambulance should be called. If there are no 'Red Flags' present at the time of assessment immediately post the incident, the player should be removed from play and referred to the care of a healthcare professional which may include (but is not limited to); General Practitioner, Physiotherapist, Sports Registrar.

Figure 1: Non-healthcare practitioner at sporting event where there is a suspicion of concussion [for parents, coaches, teachers, team-mates, support staff]



The CRT6 (Concussion Recognition Tool) is a specially designed tool for the assessment of players following incidents resulting in suspected concussion² and has been placed in every teams first aid kit for quick reference.

Specific rulings for returning to match play post Concussion:

In accordance with the AIS Australian Concussion Guidelines for Youth and Community Sport 2024¹, any player deemed to have experienced concussion or concussion like symptoms are not to return to competitive match play until a minimum of 21 days has passed from the injury.

The risk of complications from concussion is increased if the player returns to sport before they have fully recovered. A graded return to sport is required and outlined below:

- The day of the concussion is deemed to be Day 0.
- Light activity/exercise can be reintroduced after 24-48 hours of rest following the concussion eg gentle short walking
- Player must be at least 14 days symptom free before they can return to contact training.
- The 14 day symptom free period starts on the first day that the player has no symptoms.
- A minimum of 21 days must pass before the player can return to competitive game play.

Blood Nose (Epistaxis)

Blood noses occur for a range of reasons. They may be spontaneous or traumatic. Most blood noses should resolve quickly with applying firm and direct pressure to the nose just below the nasal bone. The head should be kept in a neutral position and the player should avoid blowing their nose. An ice pack on the back of the neck is useful for reducing the blood flow, particularly in a player who is hot from playing. Ensure gloves are worn. If blood is on any clothing or footwear that the player is wearing this should be replaced or cleaned as per the Rules of Netball Stoppages (Blood) Rule 10:17 p42³. The player can return to play once the blood nose has resolved and they do not have any blood on themselves or their clothing. Antiseptic wipes are located in the first aid kit to assist with cleaning blood, however these are not to be used on open wounds.

Please note: Returning to game play/increased exercise may stimulate bleeding again.

Injuries of the limbs including Soft Tissue/suspected fractures

Soft tissue and suspected fractures of limbs should be managed using PRICER^{4,5}:

Protection, Rest, Ice, Compression, Elevation, Referral:

- The player must be assessed quickly and removed from the court wherever possible.
- Ice should be applied if the player will not return to play.
- The limb should be immobilised using bandages available in the first aid kit and elevated wherever possible and if safe to do so.
- Parents and Guardians are responsible for accessing health care professionals to assist with the investigation, diagnosis, treatment and rehabilitation of the injury as required.

Eye Injuries- scratches/foreign bodies

Minor eye injuries or foreign bodies required a saline wash out. Player should be removed from court and eye should be washed out with the saline ampoules located in the first aid kit. Serious eye injuries/bleeding from the eye should be immediately referred to an Emergency Department for management.

Grazes/Scratches/Lacerations- blood rule

Grazes, scratches and lacerations can occur in a number of scenarios at training and on game day. The player should be removed from the court if bleeding as per blood rule³, and the wound cleaned with saline and dressed. Most of these injuries once cleaned and dressed should allow a player to re-take the court, however deeper lacerations may require health professional treatment.

When to report an injury to HUNC

Injuries may occur at games or training and participants with current Netball Victoria insurance are covered by the insurance policy which may cover some expenses that are not covered by Medicare. Please see details of insurance policy and coverage in the section below titled '**Claiming an injury through Netball Victoria Insurance**'.

For all injuries of a serious nature, or for injuries requiring the use of equipment from the first aid kit other than band-aids, an injury form should be completed and submitted to the HUNC committee in person or via email for recording purposes. First Aid kits will need to be replenished following the use of items.

The injury form can be found in the team First Aid kit or via this link:

<https://vic.netball.com.au/media/4504>

Information submitted via the 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

To ensure that the incident can be investigated and resolved appropriately, it is important that as much accurate information is provided as part of the incident report. Details that may be included:

- Photographs
- Description of scene/incident - where it occurred.
- Weather Conditions - wind, wet or dry, light or dark, fog, ice or snow, etc.
- Measurements - including heights, lengths or widths of objects, obstructions, holes, etc.
- Description of damage - the type, nature and extent of the damage.
- Property involved - itemise all the property that has been damaged.
- Description of any injuries – type and severity
- Witness - if possible record name and address of any witnesses.
- Statements made by third parties - record any statements provided by a third party.

This information will assist the process of the player submitting Netball Victoria Insurance forms if expenses are to be claimed following the injury.

Returning to Play Guidelines:

In the event of a serious injury or illness such as, but not limited to,

- Fractures, Sprains, Strains, damage to tendons/ligaments
- Concussion
- Illnesses that require the player to miss multiple games
- Post surgery

a clearance certificate from the treating health professional is required in order for the player to have permission to resume training and game time.

For all prolonged or serious injuries the clearance certificate must state the capacity that the player can return to training/games eg limited or modified activity, reduced court times, full training or games and the timeframe for this. Any special instructions for how to safely return the player to activity should be included eg court time, positions, restrictions etc.

A specific concussion clearance form must be completed. This document can be found here:

[Concussion Referral and Clearance Form](#)

Clearance certificates must be provided in writing to the committee and the coach for review prior to the game or training session. Once this has been received and acknowledged by the committee and coach the player may resume training and game time as directed by the treating health professional.

Claiming an injury through Netball Victoria Insurance

For information about what is covered using Netball Victoria Insurance, please go to:

- Players: <https://www.howdengroup.com/au-en/netball-australia/playing-members>
- Coaches and Volunteers: <https://www.howdengroup.com/au-en/netball-australia/coaches-officials-volunteers>

For information on how to submit a claim form using Netball Victoria Insurance, please go to:

<https://www.howdengroup.com/au-en/netball-australia>

Personal Injury Claim Forms can be found [here](#).

Forms need to be completed and submitted to HUNC for signing of the declaration by a member of the HUNC Executive Committee prior to submitting to the insurance company. The player/family is responsible for sending these forms to the Insurance Company as per the instructions on the links above.

References

1. <https://vic.netball.com.au/sites/vic/files/2024-05/AIS%20Concussion%20Guidelines%20for%20Youth%20and%20Community%20Sport.pdf>
2. <https://bjsm.bmj.com/content/bjsports/57/11/692.full.pdf>
3. <https://netball.sport/wp-content/uploads/2024/01/World-Netball-Rules-Book-2024.pdf>
4. <https://raisingchildren.net.au/toddlers/safety/cpr-first-aid/ricer-first-aid>
5. <https://www.livelyphysiotherapy.com.au/the-blog/2018/11/16/soft-tissue-injuries-do-you-ricer>