

RJFC Injury Management - Guidelines

Introduction

In considering the best practice management of sport-related injuries, the RJFC priority remains the short and long term welfare of the player. The club aims to provide as safe an environment as possible at all times for boys and girls to enjoy football.

Accordingly, the club has developed these guidelines to assist RJFC stakeholders across the areas of specific injury and the role we anticipate played by various parties:

- Specific injury and its treatment
 - Player medical conditions
 - Concussion Injuries
 - Spinal Injuries
 - First aid kits
 - Icing
 - Injury reporting
- Roles of participants
 - Trainer role
 - Medic role
 - Parents role

This guideline is effective from its introduction and will continue until further notice.

Player medical conditions

It is a YJFL requirement that all players provide details of medical conditions and pre-existing injuries that may put them at risk while training or playing matches. Parents and guardians are asked to provide details of medical conditions, allergies and regular medications that may be required as part of the registration process. Parents and guardians should also provide this information to Team Managers who will then make this available to Trainers.

The two most common medical conditions are asthma and allergy. Parents/guardians are asked to ensure that players have access to their usual medication or treatments at training and on match days.

Concussion and spinal injuries

Please refer to RJFC concussion and spinal injury management policy

First Aid Kits

One first aid kit will be supplied to each team to be used by the Trainer. Early in each season, Trainers or Team Managers (where a Trainer has not yet been appointed) will be requested to audit first aid kit contents and order supplies through the RJFC Trainer coordinator. Following this, items to replenish first aid kits throughout the season can be ordered through [Brenniston First Aid](#) by the trainer and costs replenished by the RJFC via the RJFC Trainer coordinator. .

Icing

Currently, RJFC have not been able to locate conclusive evidence regarding whether a player should be able to return to a game following an injury being iced. As such, the decision to return a player to the game will be at the Trainer discretion – based on symptoms, the severity of the injury and consultation with parent/ guardian. Where available, the Medic may also be consulted as required.

Injury Reporting

Team Managers are required to report serious injuries as soon as possible, via email, to the RJFC Trainer co-ordinator. The RJFC committee will use this information to identify injury trends and potential actions.

Serious injuries include:

- Concussion or suspected concussion
- Broken bones
- Spinal injuries
- Any injury requiring an ambulance to be called

Information required is as follows:

- Injured player name
- Team
- Date & time of injury
- Injury description
- Location of where the injury occurred (which grounds)
- Treatment provided (by Trainer, Medic or ambulance)
- How injury occurred (event, weather conditions, ground conditions & any other causal factors)

Trainer Role

There must be a Trainer present at all match games. If the appointed Trainer is not available for a game, all parents and other team volunteers should be canvassed to identify the most appropriately experienced or qualified person to fill in and execute Trainer duties for that game.

All Trainers **must** have a current Working with Children Check (WwCC). In addition, the RJFC strongly recommends that each Trainer is qualified in level 1 first aid, or equivalent professional qualifications (medical doctor, nurse, physiotherapist or paramedic).

The Trainer is responsible for applying first aid treatment, including serious injury management, as required, in line with their qualifications. The Trainer must always consult with a parent or guardian, when present, regarding serious injuries (suspected or confirmed concussion or spinal injuries), calling an ambulance and returning a less seriously injured player to the field after icing. As appropriate, this will also include consultation with the Medic (home games), and parents.

Although the application of medication is a parent / guardian responsibility, in the event of an emergency (e.g. severe asthma or anaphylaxis), trainers may administer the players' own medication (e.g. Ventolin, Epi-pen) if they are appropriately trained to do so .

The trainer is also responsible for ensuring the RJFC supplied first aid kit is complete and up to date. In addition, they must ensure they know where the AED (defibrillator) machines, stretcher and ambulance entry point to oval are located at both home grounds - Citizens Park and Kevin Bartlett Oval, and at away venues where possible.

The RJFC Committee will endeavor to organize a training course for both Provide First Aid and CPR only each year. If a club training course is not viable, trainers will be requested to book into a course independently, for which they will be fully reimbursed.

Medic Role

The RJFC funds a trained Medic who holds a minimum certification of Level 2 First Aid and/or advanced certification (Level 3 First Aid) to be in attendance at all games at both home grounds. The Medic should be consulted by the trainer as required to support the provision of first aid.

It is the Medic's role to provide advice and support in the provision of first aid, and apply first aid as requested by the Trainer.

Parent/ Guardian Role

To ensure the ongoing health and safety of their children, parents and guardians are encouraged to be active participants in decision making when serious injuries such as suspected or confirmed concussion, spinal injuries, breaks or fractures occur. The Trainer may also request input regarding suitability of returning the player to the match or training after a less serious injury which has been iced.

Administration of medication for allergy or asthma is a parental/guardian responsibility. In addition, if strapping is required for any injuries, parents and guardians are requested to ensure that this is applied by a suitably qualified professional.

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