

# Officer Kangaroos Junior Football Club

## Injury Management and Prevention Policy

### PURPOSE

The following injury prevention policy has been developed by the Officer Kangaroos Junior Football Club (the Club).

Sports-related injury is a major component of accidental injury in Victoria. It is second only to road traffic injuries in terms of years lost to disability and direct hospital costs. For children under 15 years, sports-related injuries now represent four times the public health burden when compared to road trauma related costs. The Sports Injury Prevention Taskforce has estimated that each year in Victoria approximately 4,500 people drop out from participation in five of the top team based sports due to sports injuries.

This policy aims to address the prevention of people at the club acquiring an injury and management of injuries.

All coaches, team officials, players and parents are expected to follow this policy.

### DEFINITIONS

Injury Prevention = removing or reducing people's exposure to injury causes.

Injury Management = Management of injuries immediately following an injury or suspected injury and the actions required before a player can return to training or games.

Safe and secure environment = A safe and secure environment is one in which the population has the freedom to pursue daily activities without fear to their safety.

### THE ENVIRONMENT

The weather is assessed before beginning an activity and an appropriate decision is made regarding whether participation by the club should go ahead.

Hot weather

- Regular fluid intake is encouraged by the Club during training and game day.
- No training if the temperature as displayed on the BoM website or app is 35 or above

Inclement weather/storms

- The club does not play outdoors during a storm where lightning is identified in the vicinity. (in the distance ok)
- In the event of extreme wet weather or hail, training will not be cancelled but instead be held indoors (change rooms, under cover or swimming pools or other similar facility)

Under no circumstances should children be compelled to keep playing if they feel unwell.

## **EQUIPMENT**

The use of appropriate and properly fitted equipment is essential to reduce the risk of injuries. All equipment used should meet the Australian Standards and be:

- suited to the size and ability of the participant
- regularly checked and maintained
- replaced when inadequate for its purpose
- sufficient in number
- padded as appropriate
- properly erected/constructed
- used by senior members and other role models as an example of good safety to juniors
- required at all times - training as well as competition
- easily and safely lifted or moved to the field of play

Some commonly used protective equipment used at our club can include:

- mouthguards – compulsory for matches and highly encouraged at training when drills include physical contact between players)
- helmets – to be able to be purchased at the Roo Shop
- footwear – correct footwear for the time of year/conditions/activity
- strapping and taping – players that require strapping have strapping/taping completed prior to arriving at matches and training.

## **GROUNDS AND FACILITIES**

Grounds and facilities should be regularly checked by an appropriate person (club/association representative, local council, official, coach, parent) to ensure they are safe to use. This should include checking that:

- the playing surface is in reasonable condition without holes, exposed sprinkler heads or hard patches
- all rubbish is cleared away, especially broken glass, stones and rip top lids from bottles and cans
- change rooms, toilets, showers and first aid treatment areas are clean and hygienic
- permanent fixtures such as goal posts are padded
- perimeter fences are well back from the playing area
- spectators, unnecessary equipment and vehicles are kept well back from the sidelines
- lighting is adequate if playing at night
- matting is adequate where necessary.

Make sure all identified hazards are removed or fixed before grounds and facilities are used, for example goal post padding is secure and holes on the playing surface filled.

Use a comprehensive, written checklist to ensure that whoever is doing the inspection knows what to look for and whoever is fixing the problem knows what needs to be done.

The grounds and facilities can be accessed by Emergency vehicles at all times.

## **RECORDS**

Types of information that may be collected include player medical forms and asthma management plans.

As important as collection and sharing of participant information is, it is also just as important that the privacy of the participant's information is respected, that the participant is aware of who will have access to their information and, that access complies with privacy laws.

Emergency contact details are up to date and stored securely for confidentiality, but able to be accessed if needed at game days, training and all planned events.

## **ILLNESS AND PARTICIPATION**

When assessing whether a child should participate in physical activity remember:

the child should not participate if the symptoms are general (e.g. temperature, aches, pains, general muscular tiredness)

for uncomplicated upper respiratory tract symptoms, such as a runny nose or sneezing, the child should be allowed to participate for 10- 15 minutes. The child's condition should then be reassessed, and if they feel unwell, or are obviously struggling to keep up, then they should not continue to participate in that session.

## **WARM UP, COOL DOWN AND STRETCH**

The club should all warm up, cool down and stretch to prevent injury, at all events with activities, including training and game days.

- The warm up aims to:
- prepare the mind and body for the activity
- increase body temperature
- increase heart rate
- increase breathing rate.

The warm up should include activities that use the same movement patterns as the activities to be performed during the session. Warm up exercises should begin at a low intensity and gradually increase to the level required in the activity.

Participants should do a cool down routine at the end of every activity session, consisting of: activity of significantly reduced intensity, such as 2–3 minutes of easy jogging or walking, 5 minutes of gentle, dynamic stretching exercises.

Stretching activities should move the muscles through the full range of movement and include all muscle groups that will be used in the activities to come.

The above drills should be completed as per the strength and conditioning as shown in club academy days

## **INJURY REPORTING & MANAGEMENT**

Gather information about who gets injured and how, using incident reports.

If an injury occurs the golden rule in managing it is “do no further damage”. Inadequate or inappropriate first aid may aggravate the injury and cause an increase in the time necessary before returning to participation. It is important that the injured participant is assessed and managed by an appropriately qualified person such as a sports first aider or sports trainer.

Immediate management approaches include DRABCD (checking Danger, Response, Airway, Breathing, Compression and Defibrillation) RICER NO HARM (when an injury is sustained apply Rest, Ice, Compression, Elevation, Referral and NO Heat, Alcohol, Running or Massage).

Before returning to participation the participant should be able to answer yes to the following questions:

- Is the injured area pain free?
- Can you move the injured part easily through a full range of movement? (i.e. compared to the participant’s non-injured side)
- Has the injured area fully regained its strength?

Whilst serious head injuries are uncommon in children and young peoples’ sport, participants who have lost consciousness or who are suspected of being concussed must be removed from the activity, taking no further part until cleared by a doctor, taking into account the 12 day recovery plan

Be aware of and support the sport’s injury management plans and return to play guidelines.

Where injuries occur in matches where a third party medic is present, the medic should be involved in the players return to play discussion that day.

## **COMMUNICATION WITH THE CLUB**

Regularly and effectively communicate safety information (in newsletters, at meetings and on notice boards).

Injury prevention and management and positive sports conduct information and messaging is promoted at and around the club.

Ensure safety is included as a regular agenda item at management and committee meetings.

Ensure parents, coaches, teachers, safety personnel and sponsors adhere to agreed codes of behaviour and understand their responsibilities.

Provide information and education to all involved to raise awareness and educate about safe practices and injury prevention.

### **FIRST AID/SAFETY INJURY MANAGEMENT OFFICERS**

Your club has an updated and well maintained first aid kit, defibrillator and fire safety kit available and visible for use by all club members on game days, training and at all planned events.

Appropriately qualified First Aid/Safety Injury Management Officers attend game days and training and are incorporated into all planned events.

Provide education and training for safety personnel (such as first aider, safety injury management officers).

### **SUPPORTING THE CLUB**

Officials, members, players and families are supported to raise and address non compliance.

Club leaders role model and champion appropriate behaviour, including injury prevention and positive sports conduct behaviour in accordance to the fair play code.

### **POLICY REVIEW**

This policy will be reviewed in 2025.

This will ensure that the policy remains current and practical.

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