



DOCUMENT TYPE: Injury & Rehabilitation Policy – IR010

# Singleton Rugby Club Ltd

## Injury & Rehabilitation Policy

<b>Applicability</b>
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### Definitions

The following terms and acronyms are used within this document:

<b>Code</b> - Refers to the Singleton Rugby Club Code of Conduct
<b>SRC Board</b> - Refers to the Singleton Rugby Club Elected Board of Directors
<b>Manager</b> – Refers to the Club's Bar Manager
<b>Club</b> – Refers to Singleton Rugby Club and Grounds (bounded by land at 73 Howe St Singleton)
<b>Workers</b> – Refers to Employees, Directors, Coaches, Registered Players and Player Support Staff
<b>Injury</b> - Physical harm or damage to the body caused by an accident or incident
<b>Policy</b> – Refers to the Injury & Rehabilitation Policy IR010
<b>ARU</b> – Australian Rugby Union Ltd

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## Policy Purpose

The purpose of the Injury & Rehabilitation Policy is to give guidance to club workers on the actions and requirements for and on behalf of the Singleton Rugby Club Ltd (SRC) and its Playing Committee in the case of an injury to a player.

It has been developed to empower Club workers so they feel free to assist where required if a player injury occurs, whilst being mindful of their responsibilities & obligations as a worker under the SRC Values.

## Scope

The Club's Injury & Rehabilitation Policy applies to all workers of and on behalf of the SRC.

## Serious Injuries

Any serious head or neck injuries that results in a player being treated at an Emergency Department, Hospital or After Hours Medical Centre or Admission to Hospital must be reported within 48 hours via the ARU's Online Serious Injury Report via the ARU's website [www.aru.com.au/seriousinjury](http://www.aru.com.au/seriousinjury) or by contacting the ARU Hotline 1800 036156.

## Injuries

Below is a guide to Players, Coaches, Officials, and Support Staff for acting in the best interest of a player's safety & welfare when injured;

❖ **It should be noted that this policy is not a medical document.**

### The club will:

- Provide on field assistance at all matches.
- Have First Aid trained Support Staff including an understanding of the ARU's Concussion Management "Standard Care Pathway".
- Have an equipped First Aid Kit, Stretcher & any other equipment as deemed necessary on game days.
- Have Emergency Services contact details available at all times.
- Have emergency equipment available at the Club.
- Have an appointed Club Doctor.

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- Have an appointed Club Physiotherapist.
- Have clear field access point/s for emergency services.

### **On Field;**

- Assist all injured players on the field; this may include advice to match officials to stop play.
- Assess all on field injuries for severity; immobilise if neck or bone fracture injury.
- Assess player for concussion following the Recognise, Remove, Refer process.
- Call for the Club Doctor as & when required for injuries.
- Call for emergency services as & when required.
- Remove injured player from the field as & when required.
- Continue to monitor an injured player after removal from the field & advise club Doctor as & when required.

## **Rehabilitation**

Players should be aware that successful management of injuries requires appropriate initial treatment & a good rehabilitation program. Initial treatment of sports injury should include receiving a proper evaluation, diagnosis & treatment from a medical professional.

The SRC has an appointed Doctor & Physiotherapist that can assist in any injury assessment & treatment or players should seek their own Doctor's assessment for injuries and rehabilitation.

No injured player or a player suspected of being injured will be allowed to play for and on behalf of the club. Injured players can only complete club training sessions if the player has a rehabilitation plan from a medical professional.

Coaches, Managers & Team Selectors must consider any player injuries including concussions in the team selection process & if there is doubt over any injury or suspected injury a medical clearance may be required by the player prior to being selected or playing.

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