



## Injury Management Policy

Reviewed by the Board: 19 May 2025

Scheduled review date: May 2027

### **SCHOOL SPORT AUSTRALIA CHAMPIONSHIP INJURY MANAGEMENT POLICY**

#### **INTRODUCTION:**

School Sport Australia (SSA) recognises the absence of a comprehensive injury management policy as a potential risk to the safety and well-being of participants in SSA Championships. This policy aims to address this gap and establish a framework for effective injury management.

Given the dynamic and competitive nature of SSA Championships, it is imperative to prioritise the safety and well-being of all participants. This policy serves as a guideline to ensure prompt and effective injury management during the championships.

SSA is committed to providing a safe and secure environment for all participants. This commitment extends to the proactive management of injuries through the implementation of this policy.

#### **PURPOSE:**

The primary purpose of this policy is to ensure that students and officials participating in SSA Championships receive the best possible care and management in the event of injuries. This includes establishing protocols for timely and appropriate medical attention.

This policy serves as a guide for the hosts member bodies in organising SSA Championships, offering support and recommendations to ensure the implementation of effective injury management practices.

By formalising an injury management policy, SSA aims to strengthen its position as a leader in school sports, demonstrating a commitment to the health and safety of participants at national events.

#### **POLICY:**

##### *Minimum requirements for injury management:*

SSA Championships will adhere to minimum standards for injury management, including the presence of qualified first aid personnel and necessary equipment at all events. Adequate medical support will be a non-negotiable requirement.

It is a requirement that at least one Team Official and or Parent/Guardian, of the student, is present when a student is consulting with or receiving treatment from first aid personnel and / or a sports trainer. This requirement must be highlighted at the pre-championship meeting and noted in the minutes.

If medical treatment by a doctor or other external medical professional is required for a participant, the National Sport Advisor must be advised. Prior to their next match or event, a medical clearance with reference the relevant injury or condition, must be provided to the NSA to allow that student to participate.

Any player with a loss of consciousness, basic first aid principles should be applied i.e. Danger, Response, Send for help, Airway, Breathing, CPR, and Defibrillation (DRSABCD). Care must always be taken with the player's neck, as it may have also been injured in the collision. An ambulance should be called, and the player(s) transported to hospital for assessment and management.

Unless specific Sports Championship Rules & Guidelines or National Sport Organisations have more stringent, safety guidelines including return to participate, then the most current Sports Medicine Australia Safety Guidelines which includes return to play will be implemented by School Sport Australia.

[Active Children | Sports Medicine Australia \(sma.org.au\)](https://www.sportsmedicineaustralia.org.au/active-children)

#### *Concussion protocols / management:*

Clear and standardised concussion protocols will be in place, outlining procedures for identification, assessment, and management of concussions during SSA Championships. This includes mandatory concussion education for all involved stakeholders.

Unless specific Sports Championship Rules & Guidelines or National Sport Organisations have more stringent, safety guidelines including return to participate, then the most current Sports Medicine Australia Safety Guidelines which includes return to play will be implemented by School Sport Australia.

[Concussion Management | Sports Medicine Australia](https://www.sportsmedicineaustralia.org.au/concussion-management)

#### *Medical Condition protocols:*

Protocols for the management of pre-existing medical conditions, such as asthma, will be established, ensuring that participants receive appropriate care and support.

Unless more stringent Health Departments and or Championship Rules and Guidelines protocols are in place then the most current Sports Medicine Australia Policies will be implemented adopted in regard to pre-existing medical conditions.

[Health Conditions and Screening | Sports Medicine Australia \(sma.org.au\)](https://www.sportsmedicineaustralia.org.au/health-conditions-and-screening)

#### *Infectious Diseases protocols (i.e., COVID):*

In alignment with public health guidelines, SSA Championships will have protocols in place for the prevention, identification, and management of infectious diseases, with a specific focus on emerging concerns such as COVID-19.

Unless more stringent host Health and Education Departments and or Championship Rules and Guidelines protocols are in place then the most current Sports Medicine Australia Policies will be adopted.

[Policies and Guidelines | Sports Medicine Australia \(sma.org.au\)](https://www.sportsmedicineaustralia.org.au/policies-and-guidelines)

#### *Extreme Weather protocols:*

Guidelines for managing events during hot weather or extreme heat conditions will be implemented to safeguard participants, including hydration strategies, schedule adjustments, and appropriate medical interventions.

Unless more stringent host Education Department and or Championship Rules and Guidelines in regard to extreme weather protocols are in place than the most current Sports Medicine Australia Policies will be adopted.

[Policies and Guidelines | Sports Medicine Australia \(sma.org.au\)](https://www.sma.org.au/policies-and-guidelines)

#### *Safety Equipment i.e. Mouthguards:*

SSA stance SSA will advocate for the use of mouthguards and other similar items such as headgear, shin guards in sports where there is a risk of injury, emphasising their importance in injury prevention.

Unless more stringent Sport or Championship Rules and Guidelines in regard to safety equipment protocols are in place then the most current Sports Medicine Australia Policies will be adopted.

[Policies and Guidelines | Sports Medicine Australia \(sma.org.au\)](https://www.sma.org.au/policies-and-guidelines)

#### **IMPORTANT RELATED LINKS:**

##### *Sport specific protocols / management:*

SSA will collaborate with relevant bodies, such as Sports Medicine Australia, Health and or Education Departments, Sports to incorporate sport-specific protocols into the overall injury management strategy. This includes referencing and disseminating information from authoritative sources and aligning our SSA Rules and Guidelines with the most up to date advice.

When there are no sports specific championship rules and guidelines, education department, and or health department protocols in place then the most current Sports Medicine Australia advice and documentation will be considered as the expert guidance to adopt and implement.

[Resources & Advice | Sports Medicine Australia \(sma.org.au\)](https://www.sma.org.au/resources-and-advice)