

Injury Management Policy

This policy is in place to ensure the safety and well-being of our athletes. Open communication regarding injuries is crucial for effective management and support. Coaches will work collaboratively with athletes and parents to facilitate a safe and healthy training environment. Evolve All Stars appreciates the cooperation of athletes and parents in adhering to this injury management policy.

1. Initial Injury Disclosure:

- ♥ Upon enrollment, each athlete is required to provide details of any pre-existing injuries. Any changes in medical information during the season must be promptly communicated to the coaching staff.

2. Assessment and Course of Action:

- ♥ In the event of an injury occurring during training, the coach in charge will assess the injured athlete, and the appropriate course of action will be determined. Parents will be contacted as necessary.

3. Documentation of Incidents:

- ♥ Evolve coaches and staff will complete an incident report for injuries occurring during training

4. Emergency Response:

- ♥ If deemed necessary for the safety of the athlete, Evolve All Stars reserves the right to call an ambulance. Parents will be notified immediately if this action is taken. Any associated charges related to ambulance services will be the responsibility of the athlete/parent. Please note that Evolve All Stars does not provide ambulance cover.

5. Short-Term Injuries:

- ♥ In case of a short-term injury preventing full participation in general training, athletes should continue to attend every session and participate where appropriate, such as in strength and conditioning activities.

6. Long-Term Injuries:

- ♥ Athletes with long-term injuries may be temporarily replaced by a fill-in athlete for the required number of competitions. The athlete should discuss with their coach an appropriate time to return to training once their injury has healed, and a doctor's certificate may be required.

7. Reporting Injuries Outside of Training:

- ♥ If an athlete sustains an injury outside of training, parents are requested to contact their coach as soon as possible to discuss the situation.

8. Rehabilitation, Return to Training and Modified Training Plans:

- ♥ Athletes resuming training after an injury are requested to submit guidance from medical professionals detailing the rehabilitation process and return-to-training criteria. This information is essential for coaches to design and implement a customised training plan that supports the athlete's safe return to regular activities.

9. Insurance Coverage:

- ♥ All Star athletes who have paid their registration fee will be covered under AASCF Personal Accident Insurance Cover for that calendar year. For more information please refer to <https://www.aascf.com.au/team-aascf-all-star-access-registration>.