



SACSNA Representative Player- Return to Training and Competition Policy

Reviewed October 2025

Purpose

This policy outlines the requirements and procedures for players returning to training and competition following injury or illness. It aims to ensure the safety and well-being of all players while maintaining clear communication between players, parents, coaches, and club officials.

General Principles

1. All players are assumed fit to play and train unless otherwise communicated to their coach.
2. Players and parents/guardians are being transparent about any injuries or health conditions affecting participation.
3. The club follows guidelines established by Netball Australia and Netball Victoria regarding safe return-to-play protocols.

Player & Parent Responsibilities

- Immediately inform the coach of any injury sustained during or outside of netball
- Provide regular updates on recovery progress
- Obtain appropriate medical clearance before returning to training or competition
- Submit required documentation to the coach before resuming activities
- Adhere to and communicate any modified training programs or restrictions specified by medical professionals directly to the Head Coach

Return to Play Process

1. Initial Notification

- Player/parent must notify the coach of injury within 24 hours
- Provide basic information about the injury and expected recovery timeframe

2. During Recovery

- Maintain communication with the coach about the progress
- Follow the medical professional's rehabilitation program
- Attend training sessions as agreed with the coach (even if unable to participate)

3. Clearance Requirements

- Obtain written clearance from a qualified medical professional
- Submit clearance documentation to the coach at least 24 hours before returning to training

4. Graduated Return

- Follow any specified loading restrictions or modifications





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- Complete the required number of training sessions before returning to the competition
- Coach has final decision on competition readiness

Accepted Documentation

The following documents will be accepted as medical clearance:

1. Medical Certificate from:
 - General Practitioner
 - Sports Physician
 - Physiotherapist
 - Exercise Physiologist
 - Registered medical specialist
2. The medical clearance must include:
 - Player's name
 - Date of assessment
 - Clear statement of fitness to return to training/competition
 - Any specific restrictions or modifications required
 - Healthcare provider's details and signature
 - Practice/clinic details

Specific Injury Guidelines

Concussion

- Mandatory minimum 24-hour rest period
- Follow Netball Australia's Concussion Guidelines
- Graduated return to play protocol must be completed
- Medical clearance is required regardless of symptom resolution

Muscular/Joint Injuries

- Medical assessment required for any injury causing more than 48 hours of modified activity
- Clearance required for injuries resulting in more than one missed training session
- Graduated return to activity based on a medical professional's recommendations





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Illness/Medical Conditions

- Medical clearance is required after any infectious illness
- Return only when fever-free for 24 hours without medication
- Disclosure of ongoing medical conditions that may affect participation in **Modified Training Guidelines**

Coaches may implement modified training, including:

- Reduced training duration
- Non-contact participation
- Limited movement patterns
- Reduced intensity
- Alternative exercises

Documentation and Record Keeping

The club will maintain confidential records of:

- Injury notifications
- Medical clearances
- Return to play documentation
- Modified training programs

Non-Compliance

Failure to comply with this policy may result in:

- Delayed return to training/competition
- Restriction from participation
- Review of player registration

Policy Review

This policy will be reviewed annually and updated per any changes to Netball Australia or Netball Victoria guidelines.

