



Barwon Sports Academy – Injured/Unwell Athlete Policy

PURPOSE

This policy applies to the attendance of injured/unwell athletes at Barwon Sports Academy (BSA) Strength and Conditioning Sessions.

The purpose of this policy is to ensure the health and safety of the injured/unwell athlete as well as all other athletes participating in the Strength and Conditioning Session.

Health and Safety of all athletes is of utmost importance to the BSA. The decision made by the Strength and Conditioning Coach regarding the participation of an injured/unwell athlete will take into consideration both the injured/unwell athlete and all other athletes attending the session. The final outcome of each individual scenario will be left up to the discretion of the strength and conditioning coach in charge.

POLICY

The participation of an injured/unwell athlete will be decided on by the strength and conditioning coach if the athlete;

- Has suffered a serious injury and not yet sought out medical advice.
- Has been involved in an incident at school which may impair their participation in the session.
- Is in the process of receiving medical treatment and has not yet been given the all clear or provided with a medical clearance from their Doctor or Physiotherapist.
- Has an impaired limb making it difficult to carry out the majority of exercises required in the session.
- Is currently wearing some form of immobilizing splint (plaster, boot, heavy strapping etc).
- Is currently or has been experiencing flu like symptoms
- Shows clear signs of overtraining (fatigue, tiredness, lack of motivation, lack of concentration general soreness etc).
- Complains of/shows signs of pain or discomfort when carrying out certain exercises/movements.
- Complains of/shows signs of pain and discomfort on an ongoing basis.

PROCEDURE - Breach of Policy

If an athlete is found to be unfit to participate sessions they will be asked to either not attend or leave the session. The amount of sessions the athlete cannot attend for will be dependent on their individual situation. Those athletes with serious injuries who have had medical treatment (doctor , physio etc) will be required to provide a medical clearance to the BSA stating they are able to part take in activity.

If an athlete is unsure whether they should attend a session, please contact the BSA prior to the session as we realize the burden if athletes arrive to a session and then are unable to participate.