



FHFC RETURNING FROM INJURY POLICY 2023

The following policy has taken guidelines recommended by the AFL Doctors Association, SASMA/SMA and SSARM in regards to returning to sport from an injury that can be summed up as anything other than a concussion or spinal injury.

An injury can be defined as a trauma to any body part. There are 3 usual types of injuries:

- **Acute:** Usually occurs with an impact for example a bruise, wound, cramp, dislocation, break and sprains/strains. These types of injuries are usually manageable with RICER and NO HARM, however if not resolved within a couple of days, it needs to be referred to a medical practitioner.
- **Overuse:** These types of injuries usually present as a continuous niggle of a particular body part and can even switch from left to right sides. They can include muscle stains, tendinopathies, shin splints and other joint disorders. These types of injuries require management with various medical professionals as well as regularly checking in with the trainers. The quicker a medical practitioner is seen the easier it is to reduce the long-term impact of said injury. These types of injuries can become chronic if improperly managed.
- **Chronic:** Any injury that lasts 3 months or longer. This type of injury needs to be regularly maintained by medical practitioners and the onus is on the player to check in with the trainers regularly to aid in the rehabilitation of the player.

If a player is injured acutely and it does not resolve itself within the 72-hour period using RICER/NO HARM or has an overuse injury that is inhibiting the players ability to train or play they must seek medical attention. They are then required to get a WRITTEN clearance from the appropriate medical practitioner (e.g., Physio for muscular, chiro for skeletal, doctor for any of the above) before they can begin to train or play again.

If a player seeks out medical attention for something that is not related to football or is injured outside of the football club, they are also required to provide a WRITTEN medical clearance saying they are fit to return to training and play. For example, they go to the dentist and have 3 teeth out. They need clearance to return to play due to the high risk of bleeding.

A WRITTEN clearance is required to make sure that the player is fit and healthy to train and play as to limit the risk of reinjury or secondary injuries and it is also a requirement for any player who wishes to claim with Marsh insurance, that they have not played with a pre-existing injury, illness, or disease, or plays against medical advice.