

Rebelz Basketball Club Incorporated Injury Management Policy

Effective Date: **AGM 2025**

Approved by: **Rebelz Basketball Club Committee**

IMPORTANT NOTICE:

Basketball Victoria deems the game of basketball to be a low injury risk sport, as such, it is important to note the following:

1. It is not necessary that medical or other persons qualified in first aid be present at all games.
2. Basketball Victoria and all affiliated associations encourages and assists basketball coaches, managers and referees to seek to become first aid qualified and to maintain that qualification, however, this is NOT mandatory.
3. All affiliated associations shall ensure that sufficient first aid equipment adequate to allow the rendering of basic first aid to a person suffering an illness/injury during any game is readily available.
4. First aid equipment available at games must be easily located, within its recommended date of use, and properly maintained and stocked.
5. In most circumstances, first aid should only be rendered by persons with proper first aid training.
6. Where it appears that a person injured or suffering an illness requires medical attention, the person should be referred to a medical practitioner or urgent assistance by way of ambulance.
7. If a player is injured during a game, the injury MUST be recorded by the Team Manager and reported to the stadium supervisor on the day the injury occurs.
8. In the event a player is injured during a training session, the injury must be recorded by the Team Manager on the day the injury occurs.
9. All injuries must be reported to the Rebelz Basketball Club Committee, by the Team Manager, within 24 hours of the injury taking place.
10. If the Team Manager is unavailable at the time the injury occurs, then the injury must be recorded and reported to the appropriate person (in accordance with points 8 and 9 above), by the Coach responsible for the team that the injured player is part of.

1. Purpose

The purpose of this Injury Management Policy is to:

- Ensure a consistent and supportive approach to managing injuries sustained during basketball activities.
- Promote player safety, welfare, and wellbeing.
- Meet legal and ethical responsibilities regarding child safety and duty of care.



2. Who This Policy Applies To

This policy applies to all players, coaches, team managers, officials, volunteers, and parents/guardians involved in the Rebelz Basketball Club, including training sessions, games, tournaments, and events.

3. Injury Prevention

The club is committed to minimising the risk of injuries by:

- Conducting proper warm-up and cool-down exercises during all sessions.
- Using safe equipment and ensuring playing areas are hazard-free.
- Promoting good sportsmanship and discouraging dangerous or aggressive play.

4. Injury Response and Reporting

Immediate Response

- Stop play if required.
- Provide immediate first aid by a trained adult.
- Call emergency services (000) if the injury is serious.
- Inform the parent/guardian as soon as possible.

Documentation

- The Team Manager or Coach must document the injury and any other relevant details (player name and number and team), within 24 hours and must submit it to the Rebelz Basketball Club Committee for record keeping and follow-up.

5. Communication with Families

- Parents/guardians will be notified immediately if their child is injured.
- For any injury requiring medical attention, a copy of the Injury report will be shared with the parent/guardian.



- Ongoing communication will be maintained to monitor the child's recovery and provide support.

6. Return-to-play Guidelines

Players Returning from Injury MUST:

- Provide medical certificate for significant injuries (e.g., concussion, fractures, ligament damage).
- Gradually return to training and competition as advised by a health professional (e.g. Doctor, Physiotherapist or Medical Practitioner).
- Have their return monitored by the coach/team manager to ensure they are not at risk of re-injury.

7. Reporting Issues

Concussions are to be treated with utmost care. The club follows Basketball Australia's

Concussion Policy, including:

- Immediate removal from play.
- Medical assessment and clearance before returning to training or games.
- A minimum of 14-day rest periods for diagnosed concussions in junior players.

8. Roles and Responsibilities

- Coaches and Team Managers: First response, report injuries, communicate with parents, and monitor return-to-play.
- Parents/Guardians: Inform the club of medical updates, support recovery, and provide clearance when required.
- Committee Members: Oversee injury records, ensure compliance, and update procedures as needed.



9. Review and Updates

This policy will be reviewed annually by the Club Committee or following a major incident.

Updates will be communicated to all members.

10. Child Safety Statement

Rebelz Basketball Club is committed to providing a safe environment for children. Injury management will always prioritise the child's health and wellbeing, with sensitivity to their physical and emotional needs.

For Further Information please click on the below link:

([Link to Constitution](#))

