



FC BIRRARUNG

### **Player injuries - guidelines and management**

FCB does not have a club doctor or physio. It is up to players and their parent / carer to seek professional advice on injuries.

As every injury is different, it is difficult for the club to have a "policy" for every situation.

#### When an injury occurs

Basic first aid should be applied.

There are first aid kits and stretchers in the pavilion kit room and an AED by the clubroom and canteen.

When someone is seriously unwell or unresponsive, call 000.

#### Head injury

Remove the player from play.

Use the Head Check app to assess next steps.

If symptoms continue, visit the doctor or Emergency Department.

We recommend coaches and managers install and familiarise themselves with the headcheck app:

<https://www.headcheck.com.au/>

The following information can be provided to players and families:

[https://www.rch.org.au/kidsinfo/fact\\_sheets/head\\_injury/](https://www.rch.org.au/kidsinfo/fact_sheets/head_injury/)

[https://www.rch.org.au/kidsinfo/fact\\_sheets/Head\\_injury\\_return\\_to\\_school\\_and\\_sport/](https://www.rch.org.au/kidsinfo/fact_sheets/Head_injury_return_to_school_and_sport/)

#### Suspected fracture/break/ligament damage

Player should not continue if there is pain.

Basic first aid including ice to reduce swelling.

Visit the doctor or Emergency Department if concerned.

See: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/sprains-and-strains>

#### When to return to training

For Under 18, a coach should seek confirmation from a parent/carer that their child is fit to return to training/matches.

For 18+, this is a decision for the player and their parent / carer to manage.

A coach may decide not to return a player to the field if they have any concerns about the player's wellbeing.

For head injuries, following clearance from a qualified Medical Practitioner for the player to return to play, the

player should progress through a Graduated Return To Play Program.

More information is available [here](#)

A player who is functionally impaired by their injury might be ok to participate in some light activities at training but not ready to play competitive matches. This is a conversation to be had with the coach, and possibly the club.