



6.1.1. Training Policies and Injury Management

TRAINING

Training times and locations must be adhered to unless prior arrangements have been made with the Technical Director.

Players who are injured and cannot train are required to attend all training sessions as usual.

Players who do not attend training sessions should be advised that their selection for matches may be at risk (apart from non-competitive community football).

SHIN-PAD POLICY

FIFA Laws of the Game – LAW 4 re SHINGUARDS

- Shin-pads/guards **MUST** be always worn during games
- Must be covered entirely by the stockings (football socks)
- Must be made of rubber, plastic, or a similar suitable material to provide a reasonable degree of protection

As a 'Duty of Care', the following will apply at the Holland Park Hawks FC:

SMALL SIDED FOOTBALL (U6 – U11)

- The use of shin-pads for ALL training and games is compulsory
- Players not wearing shin-pads will not be permitted to train or play

COMPETITION AGE JUNIOR TEAMS (U12+)

- The use of shin-pads for ALL training and games is compulsory
- Players not wearing shin-pads will not be permitted to train or play

SENIOR COMPETITION FOOTBALL (U18+)

Players over the age of 18 are legally obligated to make their own decisions with regards to their own safety and are responsible for their own actions. However, the Coach has a 'Duty of Care' for player safety and may take it upon themselves to implement their own individual team policy regarding the use of protective equipment.

- The use of shin-pads for all training practices where "combat" is involved (any type of training of game play where players oppose each other) it is highly recommended that players wear shin-pads for their own safety.
- Wearing of shin-pads in games is compulsory

INJURY MANAGEMENT

- All Club Officials, Coaches and Managers should be aware that no medication or application of band-aids, creams or ointments should be applied to an injured player without parent/guardian consent
- In the case of serious injury, professional assistance should be sought (always dial 000 if you are unsure)
- Where players are seriously injured an ambulance should be called (dial 000). The match officials will usually take control of player care while waiting for an ambulance to arrive but parents/guardians are asked to step in if officials are themselves young or unsure.
- Under NO circumstances should a seriously injured player be moved prior to the arrival of the ambulance, even if that means holding up play for an extended period

INJURY MANAGEMENT PROCESS

Team Officials (Coaches, Managers and Sports Trainers) need to follow the procedures below for recording and treatment of players suffering a serious injury:

"A serious injury is one that prevents a player from participating or completing training or games"

- Any serious injury sustained by a player must be recorded by a Team Official.
- All injuries are to be recorded on an Injury Report Form.

- Complete the Injury Report Form in as much detail as possible
- Injury Report Forms are to be made available to the club recommended physiotherapist or medical personnel for referral