



Sport Medicine Policy

Owner: SWAS

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Approved by: SWAS CEO

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Abbreviations

- CMO – Chief Medical Officer
- SWAS – South West Academy of Sport
- IASP – Individual Athlete Support Program

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1. Purpose

This policy provides athletes, coaches, sports medicine professionals and other service providers as a point of reference to the operation of medical services at the South West Academy of Sport

2. Background

The provision of effective medical services in an efficient manner is recognised as being essential in assisting with the preparation of athletes for elite level performance. Elements to this process include:

- Providing a safe training environment for athletes
- Appropriate response to injury/illness
- Education in prevention of injury/illness

3. Standards

a. Injury Management

Injury management will be conducted in accordance with procedures documented within this policy. All service providers to SWAS, SWAS staff and athletes will follow the Sports Medicine Policy under the SWAS Chief Medical Officer (CMO).

SWAS coaches, athletes and staff will not ignore the medical instruction that an athlete is not fit to train or compete.

The SWAS Partner Sport program and Individual Athlete Support Program (IASP) will cover all costs for medical and musculoskeletal screening upon entry into SWAS. These costs must be allocated in the partner sport budget.

The SWAS CMO will be made aware of any injury that has restricted participation in training beyond reasonable expectation for a period of two weeks.

The SWAS CMO will decide the course of action to be followed after the review. Any treatment program may be referred to the CMO for review earlier at the discretion of the treating service provider.

A SWAS coach or athlete can seek a second opinion on the recommended treatment for an athlete from another medical professional in the SWAS network

b. Responsibilities

Chief Medical Officer

- Provides the direction for all medical processes at SWAS which other medical providers, SWAS coaches and SWAS staff will follow

- Will review all screening results and ensure recommendations from screening are communicated to all relevant parties
- Will coordinate meetings of service providers and SWAS staff as necessary to inform and improve the delivery of medical services at SWAS
- The CMO will make the final decision on who is to be part of the network of medical professionals providing services to SWAS

SWAS Coach

- Holds primary responsibility for ensuring that the athletes under their care comply with all procedures as described in the SWAS Medicine Policy
- Will refer with athletes to approved medical and clinical service providers only
- Will communicate in an open and honest manner at all times with medical providers and SWAS staff in relation to the injury management of athletes under their supervision. For injuries of a significant nature the coach will communicate directly with all medical providers to facilitate the delivery of medical care
- Will coordinate meeting between coach, sports physician, physiotherapist and other sport science staff as necessary to facilitate the optimal treatment or action resulting from the screening of an athlete

Medical Providers

- Will see SWAS within 48hrs of a request or recommend the optimal process to follow if not able to see the athlete personally
- Will provide medical or physiotherapy services including screening of athletes and will follow up on recommendations made
- Will engage in the process for reporting progress on injury management with athletes to SWAS, including completing the relevant injury reporting form.
- Attend meetings as necessary
- Communicate all relevant information to SWAS that will assist in returning the athlete to full training as effectively and quickly as possible

SWAS Athlete

- Complete all requirements within this policy on time.
- Communicate honestly with coach, SWAS staff and medical professionals on all parts of injury they sustain
- Comply with recommendations/direction of medical professionals regarding injury management

SWAS Staff

- Will comply with all reasonable directions from the CMO and/or medical providers regarding medical issues for athletes for their servicing of athletes

c. Screening

Pre-medical assessment and musculoskeletal screening of athletes is mandatory for all SWAS athletes within four weeks of their commencement into the SWAS partner sport and/or individual athlete support services program.

Athletes will not be covered for any medical issues/injuries after the four-week period if the screening process is not complete.

All pre-medical assessment and musculoskeletal screening templates must be SWAS approved.

Every athlete will receive a follow up musculoskeletal screening every two years (preferably every year) unless the CMO directs that this is not necessary.

Athletes will have a musculoskeletal screening more regularly if directed by the SWAS CMO.

4. Processes

Injury Management

The process of injury management is displayed in Figure 1.

The aim of the injury management procedure is to safely return the athlete back to a state of readiness for full training and competition with the shortest possible timeframe.

Payment for Sports Medicine Services

SWAS strongly recommends that athletes provide adequate private health insurance for themselves

SWAS athletes are advised to see a sport physician from the SWAS preferred service provider list for sport related injuries at no cost to the athlete (with the exception of certain circumstances – please refer to the athlete agreement for more details). SWAS will also cover the “gap” payments after the Medicare rebate.

Reimbursement will only occur if:

- Treatment is approved by the SWAS
- Treatment is provided by a SWAS approved service provider

SWAS reserves the right to vary the amount reimbursed and to set a maximum rate for each service provided.

To ensure reimbursement, the invoice/claim form (can be provided upon request) must be presented no later than eight weeks after the treatment has been provided.

Appendix 1

Process of Injury Management for SWAS Athletes

Individual Athlete Support Program (IASP) Injury Assessment & Management

When a SWAS Athlete is injured or requires intervention it is compulsory that the Athlete advises the SWAS CEO immediately to discuss appropriate action.

APPROVAL must be sought PRIOR to any medical appointments.
All appointments must be made with our preferred providers to qualify for a reimbursement unless otherwise authorised by SWAS CEO.
Failure to comply with this will result in no reimbursement.

Limited funding provided by SWAS dependent on injury management requirements

Partner Sport Program (AFL, Netball & Hockey) Injury Assessment & Management

When a SWAS Athlete is injured or requires intervention it is compulsory that the Athlete advises their Head Coach and SWAS CEO immediately to discuss appropriation action.

APPROVAL must be sought PRIOR to any medical appointments. All appointments must be made with our preferred providers to qualify for a reimbursement unless otherwise authorised by SWAS CEO. Failure to comply with this will result in no reimbursement.

Limited funding provided by SWAS dependent on injury management requirements