



## RETURN TO PLAY POST-INJURY POLICY

When players step onto court, they do so at their own risk and, in the unfortunate event that an injury occurs, the Club registration fee ensures that players are covered by the Netball Victoria Insurance Policy.

Eltham Panthers Junior Netball Club (EPJNC) also has a duty of care to ensure that when players are returning from injury, they take the appropriate steps to ensure recovery is complete and they do not increase the risk of recurrent injury.

In this situation, the following guidelines apply:

- a. On return from a professionally diagnosed injury, it is an expectation that a player will produce a Medical Certificate or a letter from an appropriate professional (e.g., physiotherapist), advising EPJNC that the player is fit and able to resume training and playing in weekly competition.
- b. On return from injury, it is preferable for the player to complete a full training session prior to taking to the court in weekly competition.
- c. It is the player and/or parent's responsibility to keep the coach informed on the progress of the injury.

If there are any questions in relation to returning to play post-injury, please contact the EPJNC President, Vice President or Coaches Coordinator to discuss further via email to: [panthersjuniornetballclub@gmail.com](mailto:panthersjuniornetballclub@gmail.com).