



Mornington Peninsula Hockey Inc.
2 Bruce Street Seaford Victoria 3198
ABN 65 191 179 729

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Mornington Peninsula Hockey Club

Injury Policy (Updated 2023)

Occasionally all players will have illness or injuries that will interfere with their ability to train and/or play safely.

Junior Players

- Priority one – parents/guardians, coaches and officials are to ensure the safety of all junior players.
- Parents are solely responsible to ensure or ensuring that their child is able to train and play hockey safely.
- A coach, if concerned, may decide that it is in the best interests of a player's health and safety to stop a player training or playing.
- Under the blood rule, a player who is bleeding or has blood on their clothing must come off the field and seek first aid attention. The bleeding must be stopped, the wound must be covered, all blood on the player and clothing must be cleaned off before resuming the game or training.
- A player must NOT train or play if they have an infectious disease that is transmissible.
- Any concerns regarding a player's injury or illness will be addressed in consultation with parents, coach and junior co-ordinator.

Concussion in Children and Adolescents

Concussion in children should be treated differently to adults as they are more prone to concussion, take longer to recover, have more significant memory or mental processing problems and are at greater risk of rare and dangerous neurological complications.



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Therefore children and adolescents should be treated more conservatively than adults. Concussion usually follows a head collision. Concussion can also occur with a collision not involving the head. Factors to consider are:

- Symptoms usually develop quickly, often within 1 – 2 hours. Sometimes there can be a delay of 24 – 48 hours after a collision.
- Most concussions occur WITHOUT a player losing consciousness –i.e. being knocked out. If a player is knocked out – they WILL have concussion.
- Players with suspected or recognised concussion must immediately be removed from the field.
- A player suspected of a concussion cannot return to the field on the same day.
- If there is any doubt regarding a concussion a player
- Only a medical doctor can determine if a player has been concussed and certify that they are fit to return to play via a written certificate.
- MPHC recommends the following steps outlined in the Australian Sports Commission website – <https://concussioninsport.gov.au> specifically, return to sport for children. Further detail can also be found in MPHC concussion policy.

For further detailed information: See Hockey Victoria website, Info Hub, Policies, Concussion.

Returning from Injury (including surgery)

In the event of a significant injury, an injury requiring medical attention or surgery, a junior player who wishes to resume training or playing hockey for MPHC must obtain a medical clearance stating that the player concerned is fit to resume playing contact sport and/or hockey. This clearance is either a medical certificate or official letter from a medical practitioner, appropriate specialist, physiotherapist or dentist. **A parent's permission for the child/adolescent to resume playing is not considered adequate in the situation.**

The document must be presented to either the coach, manager of the team and/or Junior Co-ordinator prior to recommencing active involvement in playing or training for hockey.



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In the event where the documentation details the types of activities that the returning player can undertake, all care will be made by the coaching personal to include activities in the training program that the returning player can participate in.

Senior Players

- Senior players are solely responsible for their own health and safety when training and playing hockey.
- Under the blood rule, a player who is bleeding or has blood on their clothing must come off the field and seek first aid attention. The bleeding must be stopped, the wound must be covered, all blood on the player and clothing must be cleaned off before resuming the game or training.
- A player must NOT train or play if they have an infectious disease that is transmissible.
- Any concerns regarding a player's injury or illness will be addressed in consultation with the individual player by the coach, team manager and/or any of the Executive club representatives. An agreement may be reached that it is in the best interests of a player's health and safety to stop training or playing until the player can resume playing and training at full fitness.
- Concussion: is a serious injury. MPHC has provided printed information in each manager folder how a suspected concussion is to be treated and managed. For detailed reading, please follow links to the full concussion policy
- <https://cdn.revolutionise.com.au/cups/hockeyaus/files/mijitis3co9pxxhpi.pdf>

Returning from Injury (including Surgery & Pregnancy)

In the event of a significant injury, an injury requiring medical attention or surgery, or pregnancy, the player who wishes to resume training or playing hockey for MPHC must obtain a medical clearance stating that the player concerned is fit to resume playing contact sport and/or hockey. This clearance is either a medical certificate or official letter from a medical practitioner, appropriate specialist, physiotherapist or dentist.

The document must be presented to either the coach, manager of the team and/or section co-ordinator prior to recommencing active involvement in playing or training for hockey.



FALCONS
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Personal Insurance Juniors and Seniors

Record of an injury during match or training should be completed by a witness and/or treating person using the form linked below as an official record of the event for insurance purposes:

<https://mphc.org.au/wp-content/uploads/2023/08/MPHC-Injury-Report-Form-2023.pdf>

Should a player be injured at a sanctioned club event, all care will be taken as outlined in the club's medical forms and that player may be eligible to apply to issue a record of their injury for insurance through one of two channels:

1. Injury during a match, training, or fundraising activity, (regardless of location) the insurance is provided through Hockey Victoria by Honan and is recorded using the form located at: <https://au.sportscover.com/claimrequest/pa?client=hockeyaustralia>
2. Injury during a social event at Peninsula Hockey Centre to a junior, parent or spectator is covered by MPHC public liability insurance.

Further details on insurance provided can be found at:

- <https://www.hockeyvictoria.org.au/info-hub/insurance/>
- <https://hockey.honansport.com.au/>