



# Geelong Underwater Hockey Club Inc

(Inc No. A0054100W)



## Policy 2: Injury prevention and management

Although the game of underwater hockey is a semi-non contact sport, there is an inherent risk of injury which could be sustained whilst playing.

This risk will be controlled and minimised by adopting the following procedures during practice training sessions, and all competition games.



The following protective equipment must be worn during training and playing sessions:



“Water polo” style cap with ear protection pods, to prevent water being pushed into the ear, damaging the ear drum



Protective hand glove, to minimise injury in the event of contact with the puck or pool wall.



Mouth guarding is strongly recommended whilst playing and is compulsory during external competition games.



The Club will collect information prior to the start of the season regarding health conditions that may impact a player’s participation. This information will be stored in the committee’s policy folder and accessed only by relevant personnel in the case of emergencies.



In identifying a health issue that may impact a player’s participation, the club coaching staff will discuss with the player and/or parent, to develop a relevant management plan e.g. “asthma management” for the player.



When a specific medical condition is identified, the club shall provide resources for First Aid personnel to undertake additional training to support these conditions e.g. anaphylaxis training.



The Club shall maintain an injury reporting and recording system with records kept for at least 7 years.



Any player who sustains an injury requiring medical treatment shall provide a medical clearance certificate prior to resuming play.



The club shall ensure an adequately qualified first aid person and correctly stocked kit, is available at all competition games and training sessions.



Blood Rule: A player who is bleeding, must leave the water and not return until the bleeding ceases, and has been cleaned from the player.



Time shall be allotted prior to play for warm up, stretching, and cool down after play.



Hydration: The club shall ensure drinking water is available, and the use of individual player drink bottles is encouraged.



While playing at an outdoor venue, the club organisers shall consider cancellation of play on days of extreme temperatures, and be mindful of players and spectators exposure to heat stress.