

BRISBANE WOMEN'S HOCKEY ASSOCIATION INC
Procedures and Guidelines for Fitness Testing
(BWA Representative Players selected in State Championships)

BWHA will endeavour to give the players as much time as possible to be fit enough to play and also treat each injury/illness individually.

1. Procedure for reporting injuries

- Players should notify their Coach and Manager of any injuries/illness sustained, or carrying immediately.
- The recommendation of a player to undertake a fitness test will be done by the Representative Coach after witnessing the player during a representative training and the player:
 - a) Has been unable to attend a majority of training sessions due to illness/injuries prior to fitness testing date.
 - b) Is impeded significantly during training whilst performing a majority of tasks required.

The Coach or Manager should then notify BWHA office who will inform the following personnel:

- Junior or Senior Management
- RDC
- Sports Trainer /Physio travelling with team

2. Fitness test requirements

- Players requested to undertake fitness test will be notified of the date, time and location of fitness test by BWHA Representative.
- Players will need to bring with them a letter from either or both their doctor and Physiotherapist.
- The letter should summarise the player's injury, when they sustained injury, what treatment they have had, current state of the injury, statement about the players ability to play 9 games over 5 days or 6 games over 3 days and additional treatment the player may require during the tournament.

3. Completion of Fitness Tests

- After consultation between the appointed Physiotherapist and BWHA Representative recommendations will be made.
- The BWHA representative will then inform the player, player's parents (if U/18) of the results of the fitness assessment and recommendation.