



## **BWHA - Guidance for Teams, Umpires & Technical Officials – Injury Management**

Injury Management is an important aspect of our game and it is timely to re-enforce the Policy and Procedures outlined in BWHA Operations Manual under No. 15 – Conduct of Fixtures, Sections 19 – 25 which are copied below and particularly relate to blood and head injuries including the possibility of concussion and other identified severe injuries which require the game to be stopped immediately to gain medical attention.

**Play should not be stopped** for injuries which are away from play and not serious eg. cork leg/arm from a hit, slight ankle roll, cramp. Players suffering this type of injury are to move to the sideline as quickly as they can so they can be replaced and attended to by the Sports Trainer. If a player suffers this type of injury and is in the middle of play, play should be stopped but only long enough for the player to move safely away from the play and towards the sideline. A Sports Trainer or Team Manager may be required to assist the player. Play should be re-commenced once the player is out of danger/area of play. Once the player reaches the sideline they can be replaced.

**Importantly**, if Umpires have any reason to believe that an injury is serious, stop play and get to the player immediately.

### **Sections 19 – 25**

(19) Any player who has a wound which is bleeding must leave the field immediately and cannot return to the field until: (a) The bleeding has stopped and the wound securely covered. (b) All traces of blood have been removed from their skin and clothes. Blood must be washed from the ground/turf area.

#### **(20) Head Injury**

(a) Any player injured by a direct or indirect force to the head must leave the field and not retake the field without the approval of a BWHA approved sports trainer, or medical officer and in the absence of a sports trainer or medical officer their club official. (b) Any player requiring a significant stoppage in play following a direct or indirect force to the head, or who in the umpires opinion has suffered a significant head contact shall be treated as if injured and must leave the field and not retake without the approval of a BWHA approved sports trainer, medical officer and in the absence of a sports trainer or medical officer their club official. (c) if a player is diagnosed with concussion by a medical practitioner then that player is unable to retake the field or participate in any match until a medical clearance to resume participation in hockey is provided. If the player is under the age of 18 years that certificate must also identify the player has been symptom free for 14 days.

(21) BWHA recommends that any player who suffers from any medical condition, which may require attention from or impact on treatment given by the BWHA Sports Trainer/First Aid Officer, should ensure that the BWHA Sports Trainer/First Aid Officer is advised prior to participation in any fixtures.

(22) BWHA will where possible employ a qualified sports trainer for all fixtures. Should a sports trainer not be available, then teams are to act prudently and organise medical treatment or call an ambulance for a player should it be deemed appropriate. Sports trainers may only enter the field of play when called on by the umpires.

(23) Any injury which requires a Sports Trainer to be called onto the field, then the player (except a goalkeeper with the approval of the duty Sports Trainer) must leave the field for a minimum of two (2) minutes.

(24) If an injury results in an ambulance taking a player to hospital, that player shall provide a medical clearance prior to playing another fixture.

(25) No player may take part in any game while wearing a non-removable cast on any part of the body.