

WAIS Sports Medicine, Medication and Injections Policy

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WESTERN AUSTRALIAN INSTITUTE *of* SPORT

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1. PURPOSE

This policy provides athletes, coaches, sports medicine professionals and other service providers a point of reference to the operation of medical services at the Western Australian Institute of Sport.

2. MEDICAL SERVICES

The provision of effective medical services in an efficient manner is recognised as being essential in assisting with the preparation of athletes for elite level performance.

Elements to this process include:

- 2.1 Providing a safe training environment for athletes
- 2.2 Appropriate response to injury/illness
- 2.3 Education in prevention of injury/illness

The service providers referred to within this document include Sports Physicians, Physiotherapists and Soft Tissue Therapists. Medical Specialists includes all other medical specialties that may be needed in the delivery of sports medicine to athletes.

3. MEDICAL SERVICES STANDARDS

3.1 Injury Management

- 3.1.1 Injury management will be conducted in accordance with procedures documented within this policy.
- 3.1.2 All service providers to WAIS, WAIS staff and athletes will follow the Sports Medicine Policy.
- 3.1.3 WAIS Coaches, athletes and staff will comply with a medical instruction that an athlete is not fit to train or compete or that training must be modified.
- 3.1.4 Any injury or illness impacting the ability of an athlete to train or compete fully must be reviewed by the WAIS CMO every three weeks unless otherwise approved by the CMO.
- 3.1.5 The WAIS CMO is responsible for confirming injury form distribution lists
- 3.1.6 A WAIS coach or athlete can seek a second opinion on the recommended treatment for an athlete from another medical professional in the WAIS network.

3.2 Screening

- 3.2.1 Medical, musculoskeletal and ECG screenings are mandatory for all new WAIS athletes within four weeks of their scholarship offer commencement date.
- 3.2.2 All new athletes are required to have a Hepatitis A and B immune status blood tests, and a Ferritin level blood test within four weeks of their scholarship offer commencement date.

- 3.2.3** Athletes must have the prior approval of the WAIS CMO to train with a WAIS sport program after this four week period if the above screening processes are not complete.
- 3.2.4** The sport specific musculoskeletal screening form and medical screening form that has been approved by the WAIS Chief Medical Officer must be used when an athlete is screened.
- 3.2.5** All results from screens will be reviewed by the WAIS Chief Medical Officer and an agreed action plan and monitoring process implemented.
- 3.2.6** Any additional testing outside of the minimum requirements of medical, musculoskeletal and ECG screenings are at the expense of the athlete unless otherwise approved by the WAIS CMO. Any additional testing must be performed prior to a scholarship offer being finalised.
- 3.2.7** Every athlete will receive a follow up musculoskeletal screening every two years unless the CMO directs that this is not necessary.
- 3.2.8** Every athlete will receive a follow up medical screening every three years unless the CMO directs that this is not necessary.
- 3.2.9** Athletes will have a musculoskeletal screening more regularly if directed by the WAIS Chief Medical Officer.
- 3.2.10** Athletes will have a medical screening more regularly if directed by the WAIS Chief Medical Officer.
- 3.2.11** All female athletes will undergo repeat Ferritin level blood tests at six monthly intervals unless the CMO directs that this is not necessary.

4. PAYMENT FOR SERVICES

- 4.1.1** Refer to WAIS Clinical Gap Payment Policy

5. SERVICE PROVIDERS

- 5.1.1** WAIS will provide access to a range of service providers who are selected based on the following criteria:
 - 5.1.1.1** Qualifications – providers must hold the relevant Australian qualification and registration with their discipline national governing body.
 - 5.1.1.2** Experience – providers must have demonstrated practical experience with high performance sport as defined in the relevant WAIS Service Provider Duty Statement.
 - 5.1.1.3** Athlete Choice – male and female providers for each discipline and not in a single location, wherever possible.
 - 5.1.1.4** Coach satisfaction – coach comfort with working with the provider.
 - 5.1.1.5** Compliance management of providers – maintain the minimum number of providers to meet operational requirements.
- 5.1.2** WAIS will annually review the performance of all providers and assess and confirm the number of providers required to meet operational requirements.

6. MEDICAL SERVICE RESPONSIBILITIES

6.1.1 Chief Medical Officer

- 6.1.1.1** Responsible for the direction for all medical processes at WAIS which other medical providers, WAIS coaches and WAIS staff will follow.
- 6.1.1.2** Will review all screening results and ensure recommendations from screening are communicated to all relevant parties
- 6.1.1.3** Will coordinate meetings of service providers and WAIS staff as necessary to inform and improve the delivery of medical services at WAIS.
- 6.1.1.4** The WAIS Chief Medical Officer will make the final decision on who is to be part of the network of medical professionals across the metropolitan area providing services to WAIS athletes

6.1.2 WAIS Coach

- 6.1.2.1** Will report weekly on athlete medical status. In the event the coach is away and unable to report, it is their responsibility to arrange for this reporting to occur as per process.
- 6.1.2.2** Holds primary responsibility for ensuring that the athletes under their care comply with all procedures as described in the WAIS Sports Medicine Policy.
- 6.1.2.3** Will refer athletes to WAIS approved service providers only.
- 6.1.2.4** Will communicate in a timely and professional manner at all times with medical providers and WAIS staff in relation to the injury management of athletes under their supervision. For injuries of significant nature the coach will communicate directly with all medical providers to facilitate the delivery of medical care.
- 6.1.2.5** Will review athlete injury reports for their athletes and action as per medical providers' advice.

6.1.3 Medical Providers – (Sports Physician and Physiotherapist)

- 6.1.3.1** Will see WAIS athletes within 48 hours of a request or recommend the optimal process to follow if not able to see the athlete personally.
- 6.1.3.2** Will engage in the process for reporting progress on injury management with athletes to WAIS. This process will include direct communication with coaches and other relevant staff following treatment and as required to meet operational requirements and completing the relevant injury reporting form within 48 hours of consulting the athlete.
- 6.1.3.3** Will provide medical or physiotherapy services including screening of athletes and will follow up on recommendations made.
- 6.1.3.4** Attend meetings as necessary.

6.1.4 WAIS Athlete

- 6.1.4.1** Complete all requirements within this policy on time.
- 6.1.4.2** Communicate openly and honestly with coach, medical professionals and ACS staff on all elements of injury they sustain.
- 6.1.4.3** Comply with recommendations/direction of medical professionals regarding injury management.

6.1.5 WAIS Performance Team Directors

- 6.1.5.1** Will coordinate meetings between coach, sports physician, physiotherapist and other sport science staff as necessary to facilitate the optimal treatment or action resulting from the screening of an athlete.
- 6.1.5.2** Will use WAIS approved providers for Medical, Physiotherapy and massage treatment.

6.1.6 WAIS Performance Enhancement Team staff

- 6.1.6.1** Will comply with all reasonable directions from the CMO and/or medical providers regarding medical issues for athletes in their servicing of athletes.

6.1.7 Clinical Services Administrator

- 6.1.7.1** Will coordinate the administration processes to advise if medical providers are adhering to policy.
- 6.1.7.2** Will provide reports to Performance Team Directors against policy standards

7. MEDICAL SERVICE PROCESSES

7.1 Medical and Musculoskeletal Screening

The steps to be followed in the screening process and responsibilities for individual elements are contained in the document [medical screening process – updated as at august 2015.docx](#)

7.2 Injury Management

The aim of all injury management procedures is to safely return the athlete back to a state of readiness for full training and competition within the shortest possible timeframe. The process for injury management is outlined in figure 1.

Figure 1: Process of Injury Management for WAIS Athletes

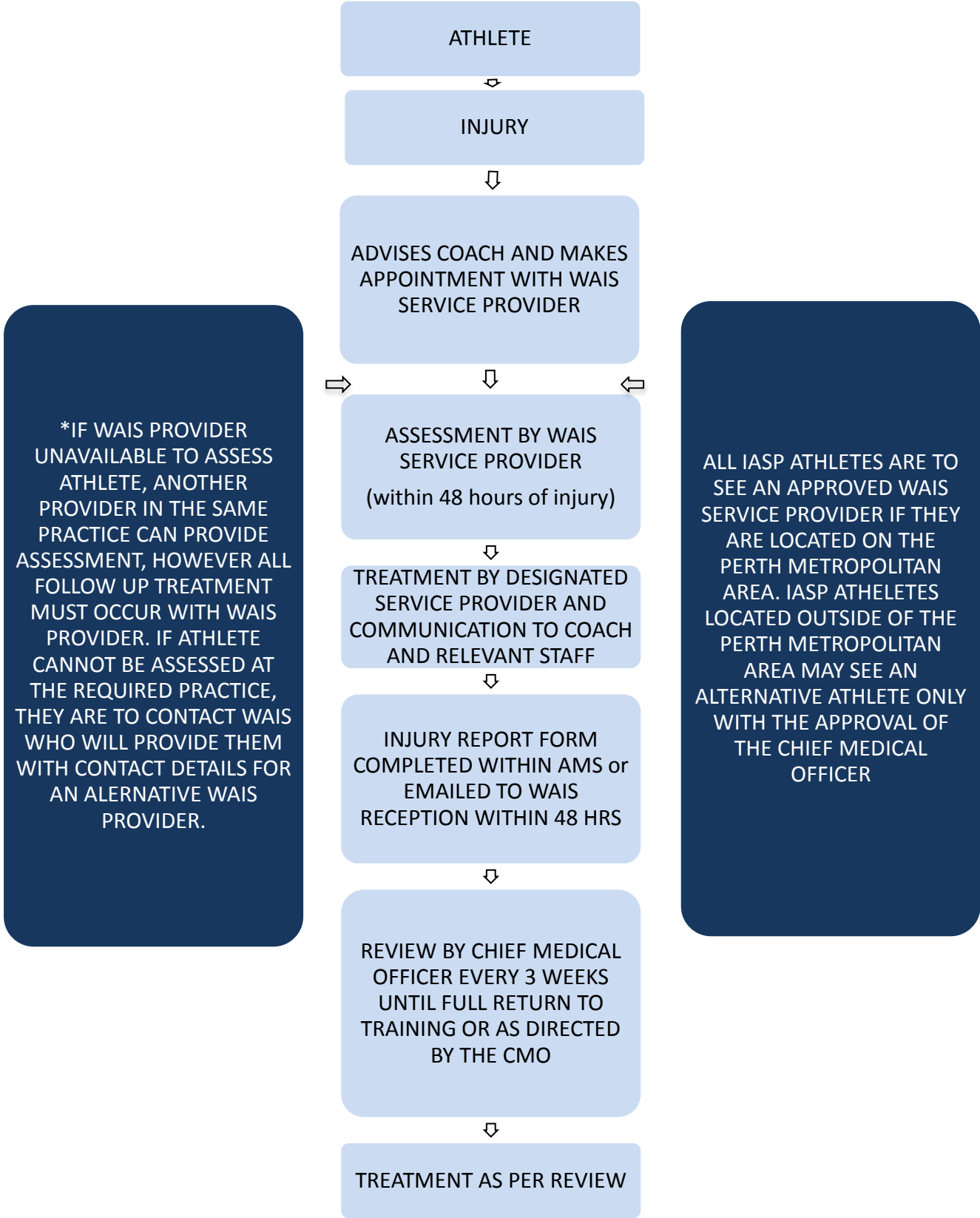


Figure 2: Process for injury reporting by coaches

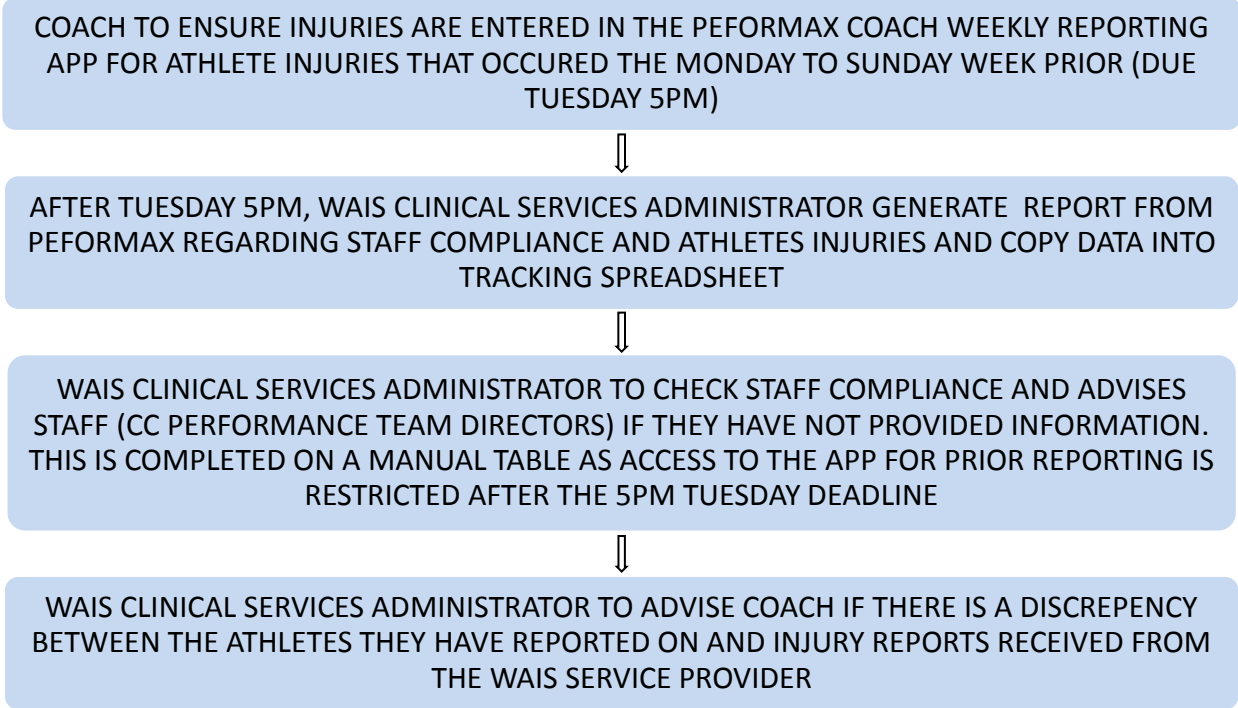
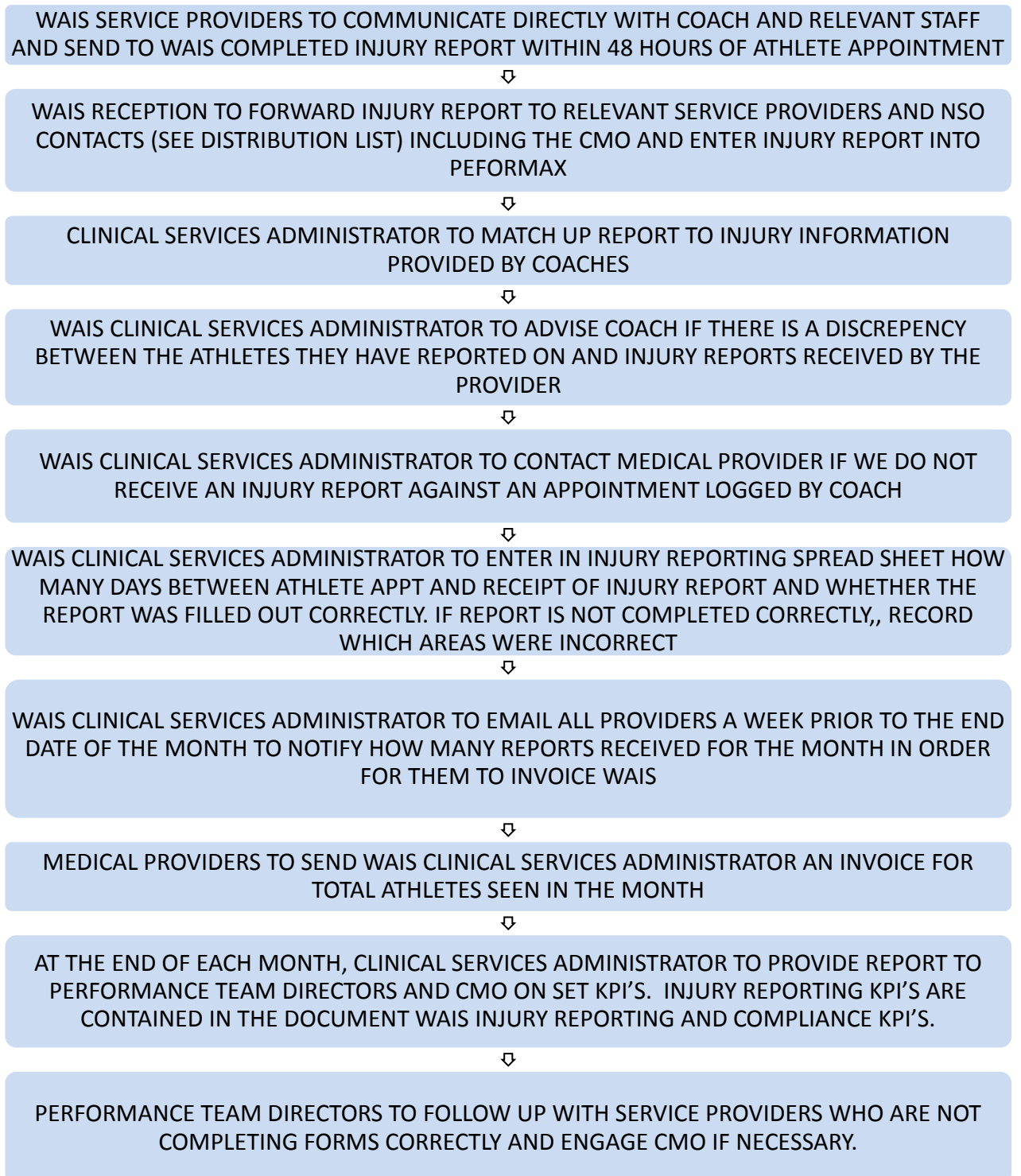


Figure 3: Process for injury reporting by service providers including compliance reporting



8. MEDICATIONS AND INJECTIONS

All medications and injections for WAIS athletes are prescribed by a suitably qualified medical practitioner for medical reasons.

WAIS recognises that athletes frequently require medication for treatment of illness or injury, such medications and treatment may include prescription medication and non-prescription medication as well as injections. Athletes are vulnerable to inadvertent anti-doping rule violations if they source, obtain and use medications and/or inject substances that have not been approved in accordance with this policy.

9. MEDICATION AND INJECTIONS STANDARDS

9.1 Medication

- 9.1.1 The use of medications by an athlete are prohibited, unless that use is in accordance with this policy or a TUE has been obtained.
- 9.1.2 Athletes are permitted to use medications that are not prohibited under the World Anti-Doping Code in any of the following circumstances:
 - 9.1.2.1 When that medication has been prescribed or recommended to the athlete by a medical practitioner or allied health practitioner who is suitably qualified to prescribe or recommend that medication;
 - 9.1.2.2 When the medication is purchased in Australia as non-prescription or over-the-counter medication, and that medication is on a list that has previously been approved for use by athletes by the WAIS Chief Medical Officer; or
 - 9.1.2.3 One of the exemptions in item 9.3 applies.

9.2 Injections

- 9.2.1 Subject to item 9.3, the injection of any substance into an Athlete is prohibited unless all of the following conditions are met:
 - 9.2.1.1 The injection of the substance is not prohibited under the World Anti-Doping Code, or a TUE has been obtained;
 - 9.2.1.2 The injection is medically justified, based on latest recognised scientific knowledge and evidenced based medicine. Justification includes physical examination by a suitably qualified medical practitioner and an appropriately documented diagnosis, medication and route of administration;
 - 9.2.1.3 The injection respects the manufacturer-approved indication of the medication; and
 - 9.2.1.4 The injection is administered by a medical practitioner or allied health practitioner who is suitably qualified to administer that injection.
- 9.2.2 This policy applies to any substance that is injected, whether permitted under the WAISDP or not. This policy also applies to injection of any type; intravenous, intramuscular, intra-articular, peri-articular, peri-tendinous, epidural, intradermal, subcutaneous, or other means not specified.
- 9.2.3 In the case of an athlete requiring an injection of a prohibited substance, in addition to the requirements of this policy, a TUE is required and the procedure outlined in Article 9 of the WAIS Anti-Doping Policy must be followed.

9.3 Exemptions

- 9.3.1 Where the athlete has a well-documented medical condition (for example diabetes, or anaphylaxis-risk), and the Athlete is either using prescribed medication prior to the Athlete's first WAIS medical screening session or is proposing to use a newly prescribed medication after the Athlete's first WAIS medical screening session, the Chief Medical Officer or another WAIS approved medical practitioner may provide written permission for the athlete to: (a) self-inject within specific parameters; and, (b) be injected by a parent/guardian or other responsible adult within specific parameters. The athlete must still comply with the WAIS Anti-Doping Policy and obtain a TUE, if required.
- 9.3.2 The use of acupuncture needles, as they are solid needles used for the treatment of soft tissue injuries.
- 9.3.3 The use of blood tests or other tests that involve the extraction of substances from the athlete's body (rather than the introduction of substances to the body) for medical diagnostic, treatment, testing and research purposes.
- 9.3.4 The prescription of, or administration of, medication by a dentist in connection with dental work or treatment of a dental complaint. The athlete must still comply with the WAIS Anti-Doping Policy and obtain a TUE if required.
- 9.3.5 The prescription of, or administration of, medication by an optometrist in connection with an eye examination or treatment of an eye condition. The athlete must still comply with the WAIS Anti-Doping Policy and obtain a TUE if required.
- 9.3.6 The use or administration of medication and injections to an Athlete where the Athlete requires emergency and/or life-saving treatment or medication. The Athlete must still comply with the WAIS Anti-Doping Policy and, if required, retrospectively request a TUE.

10. MEDICATION AND INJECTION POLICY INTERACTION WITH THE WAIS ANTI-DOPING POLICY

- 10.1 This policy is to be read in conjunction with the WAIS Anti-Doping Policy.
- 10.2 Nothing in this policy negates or detracts from a person's obligations, responsibilities and liability under the WAIS Anti-Doping Policy and the World Anti-Doping Code.

11. MEDICATION AND INJECTION POLICY RESPONSIBILITIES

11.1 Athletes; Without limiting Athletes responsibilities under the WAIS Anti-Doping Policy:

- 11.1.1 Athletes must advise their treating Medical Practitioner and allied health professionals that they must comply with the World Anti-Doping Code.
- 11.1.2 Athletes must not take any medication unless the requirements in item 2 have been followed or an exemption outlined in item 4 of the policy applies.
- 11.1.3 Athletes must not self-inject or be injected with any substance, unless the injection meets the requirements of item 3.1 or the exemptions outlined in item 4 of this policy.
- 11.1.4 Athletes are encouraged to notify a WAIS appointed medical practitioner when they have obtained or used medication from sources other than a WAIS appointed medical practitioner.

- 11.1.5** In the case of an Athlete requiring medication that is prohibited under the WAIS Anti-Doping Policy, a TUE is required and the procedure outlined in Article 9 of the WAIS Anti-Doping Policy must be followed.
- 11.1.6** Athletes must seek advice from a suitably qualified medical practitioner before using any anti-inflammatory, pain-relieving and sleep-inducing medications.
- 11.1.7** Athletes must attend educational sessions conducted by WAIS in respect of this medication and needles policy.

11.2 WAIS Chief Medical Officer; Without limiting the WAIS Chief Medical Officer's responsibilities under the WAIS Anti-Doping Policy, the WAIS Chief Medical Officer must, when treating or advising Athletes or Athlete Support Personnel covered by this policy:

- 11.2.1** prescribe and administer medication and injections in accordance with this policy;
- 11.2.2** must promptly record all medications and injections that are reported to them, or prescribed or administered by them;
- 11.2.3** must promptly record details of any Athletes who have been provided written permission to self-inject or be injected by others under item 5.1.1 of this policy;
- 11.2.4** ensure that any athlete support personnel who are required to dispense prescribed medications to Athletes have the required knowledge/information to dispense such medications and comply with the WAIS Anti-Doping Policy; and
- 11.2.5** provide guidelines and support to any athlete support personnel or other WAIS member who may be required to administer medications to an Athlete.

11.3 WAIS Approved Medical Practitioners; Without limiting each WAIS approved medical practitioner's responsibilities under the WAIS Anti-Doping Policy, each WAIS approved medical practitioner must, when treating or advising Athletes or Athlete Support Personnel covered by this policy:

- 11.3.1** only prescribe and administer medications and injections in accordance with this policy;
- 11.3.2** promptly record all medications and injections that are reported to them, or prescribed or administered by them.
- 11.3.3** promptly record details of any Athletes who have been provided written permission to self-inject or be injected by others under item 5.1.1 of this policy ; and
- 11.3.4** if requested, provide guidelines and support to any athlete support personnel or other WAIS staff member who may be required to administer medications to an Athlete.

11.4 Athlete Support Personnel; Athlete support personnel (other than the Chief Medical Officer or another WAIS appointed Medical Practitioner) are not permitted to administer any injections to Athletes. The only exemptions are an emergency situation referred to in item 5.1.7, authorised treatment under item 5.1.1 or another relevant exemption in item 5.

- 11.4.1** WAIS athlete support personnel must only prescribe medication to an Athlete if it is within the scope of their professional qualifications to do so, the medication is relevant to the Athlete's needs and not prohibited under the WAIS Anti-Doping Policy or World Anti-Doping Code.
- 11.4.2** WAIS athlete support personnel must not dispense any medication to an Athlete unless:
 - 11.4.2.1** it is within the scope of their professional qualifications to do so; or

- 11.4.2.2** prior written approval is provided by the Chief Medical Officer or a WAIS appointed Medical Practitioner; or
 - 11.4.2.3** the medication is purchased in Australia as non-prescription or over-the-counter medication and that medication is on a list that has previously been approved for use by Athletes by the WAIS Chief Medical Officer; or
 - 11.4.2.4** an exemption in item 5 applies
- 11.4.3** WAIS Athlete Support Personnel must comply with the WAIS Anti-Doping Policy in respect of their Possession and Use of medication.

11.5 WAIS

- 11.5.1** when and where required, all medications will be stored under locked refrigeration or secured cupboard; and
- 11.5.2** there is a sharps disposal bin suitably located in all designated WAIS training facilities.

12. DEFINITIONS

12.1 Medication includes prescription medication and non-prescription medication.

13. RELATED ELEMENTS

13.1 Drugs in Sport

WAIS condemns the Use of Prohibited Substances and Methods in sport. The Use of Prohibited Substances and Methods is contrary to the ethics of sport and potentially harmful to the health of athletes (see WAIS Safe and Ethical Practice Policy Framework).

13.2 Infectious Diseases

The basic hygiene of individuals is the minimum requirement used to prevent infections.

13.3 Vaccination/Immunisation

Athletes travelling overseas should ensure adequate vaccination.

Hepatitis A and B vaccinations are highly recommended to all athletes.