

WAIS Sports Medicine Policy

Owner: Chief Medical Officer

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WESTERN AUSTRALIAN INSTITUTE *of* SPORT

CONTENTS

Purpose	3
Background	3
Standards	3
Processes.....	6
Related Elements	7
Figure 1	8
Figure 2	9
Figure 3	10

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. Background

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. 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 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 week 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.

3.3 Payment

- 3.3.1** Refer to WAIS Clinical Gap Payment Policy

3.4 Service Providers

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

3.5 Responsibilities

3.5.1 Chief Medical Officer

- 3.5.1.1** Responsible for the direction for all medical processes at WAIS which other medical providers, WAIS coaches and WAIS staff will follow.
- 3.5.1.2** Will review all screening results and ensure recommendations from screening are communicated to all relevant parties
- 3.5.1.3** Will coordinate meetings of service providers and WAIS staff as necessary to inform and improve the delivery of medical services at WAIS.
- 3.5.1.4** 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

3.5.2 WAIS Coach

- 3.5.2.1** 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.
- 3.5.2.2** Holds primary responsibility for ensuring that the athletes under their care comply with all procedures as described in the WAIS Sports Medicine Policy.
- 3.5.2.3** Will refer athletes to WAIS approved service providers only.
- 3.5.2.4** 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.
- 3.5.2.5** Will review athlete injury reports for their athletes and action as per medical providers' advice.

3.5.3 Medical Providers – (Sports Physician and Physiotherapist)

- 3.5.3.1** 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.
- 3.5.3.2** Will provide medical or physiotherapy services including screening of athletes and will follow up on recommendations made.
- 3.5.3.3** Will engage in the process for reporting progress on injury management with athletes to WAIS, including completing the relevant injury reporting for within 24 hours of consulting the athlete.
- 3.5.3.4** Attend meetings as necessary.
- 3.5.3.5** Communicate all relevant information to WAIS service providers that will assist in returning the athlete to full training as effectively and quickly as possible.

3.5.4 WAIS Athlete

3.5.4.1 Complete all requirements within this policy on time.

3.5.4.2 Communicate openly and honestly with coach, medical professionals and ACS staff on all elements of injury they sustain.

3.5.4.3 Comply with recommendations/direction of medical professionals regarding injury management.

3.5.5 WAIS Performance Team Directors

3.5.5.1 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.

3.5.5.2 Will use WAIS approved providers for Medical, Physiotherapy and massage treatment.

3.5.6 WAIS Performance Enhancement Team staff

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

3.5.7 Clinical Services Administrator

3.5.7.1 Will coordinate the administration processes to advise if medical providers are adhering to policy.

3.5.7.2 Will provide reports to Performance Team Directors against policy standards

4. Processes

4.1 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](#)

4.2 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 of injury management is outlined in Figure 1.

5. Related Elements

5.1 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).

5.2 Infectious Diseases

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

5.3 Vaccination/Immunisation

Athletes travelling overseas should ensure adequate vaccination.

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

Figure 1: Process of Injury Management for WAIS Athletes

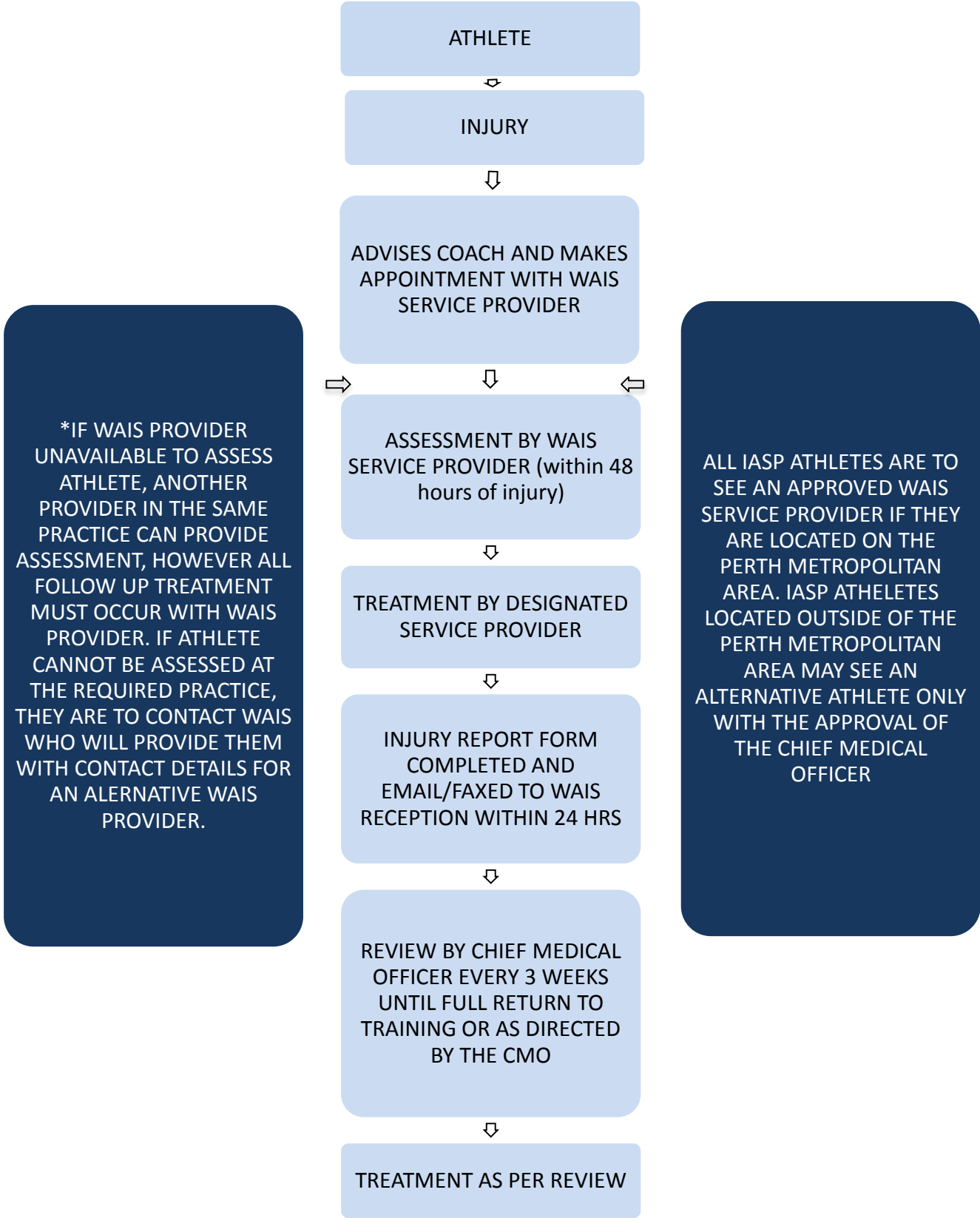


Figure 2: Process for injury reporting by coaches

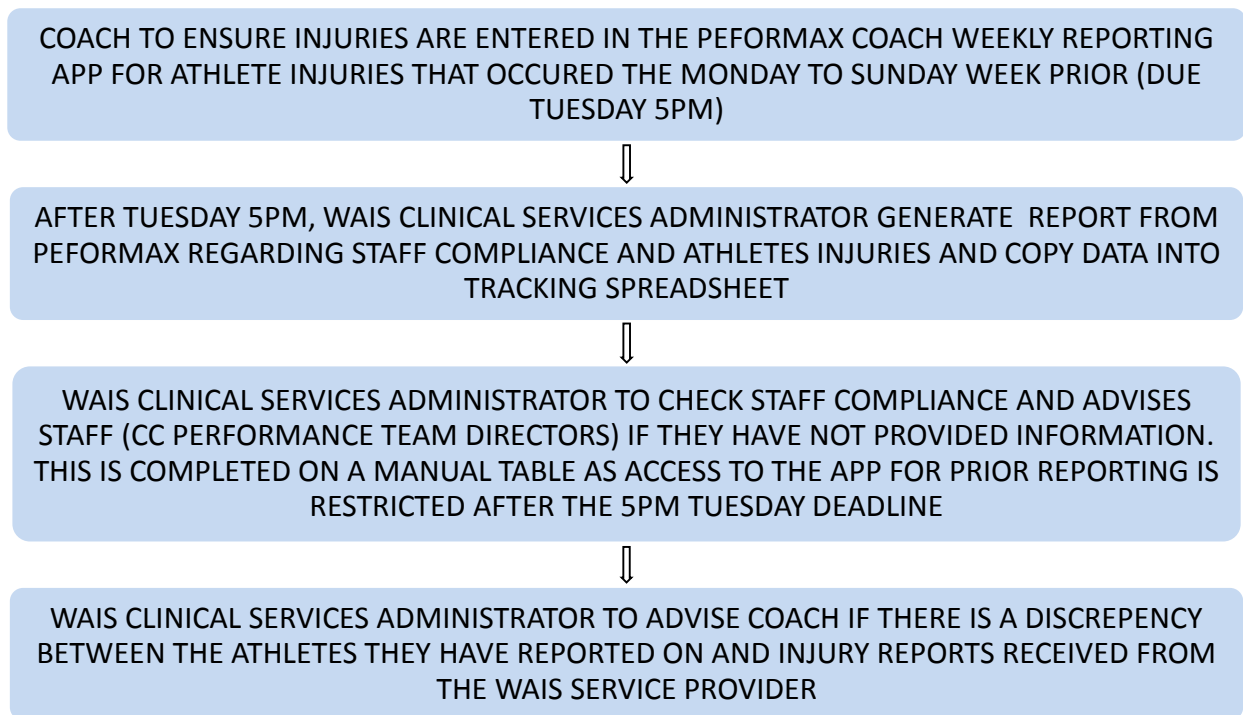


Figure 3: Process for injury reporting by service providers including compliance reporting

