

WAIS Sports Medicine,
Medication, and Injections Policy



WESTERN AUSTRALIAN INSTITUTE *of* SPORT

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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.

1. 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:

- 1.1 Providing a safe training environment for athletes
- 1.2 Appropriate response to injury/illness
- 1.3 Education in prevention of injury/illness.

WAIS considers athlete mental health to be complementary to physical health and therefore this policy should be read in conjunction with the WAIS Athlete Mental Health Policy.

WAIS has adopted the AIS Concussion in Sport Position Statement which can be found here https://www.sportaus.gov.au/_data/assets/pdf_file/0005/683501/February_2019_-_Concussion_Position_Statement_AC.pdf

Due to the risks of athletes incurring injuries requiring specialist surgical or other treatments not covered by Medicare or the medical benefits provided by WAIS it is strongly recommended that all athletes have adequate private medical health cover.

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.

2. MEDICAL SERVICES STANDARDS

2.1 Injury and Illness Management

Injury management will be conducted in accordance with procedures documented within this policy.

- 2.1.1 WAIS will only pay for services provided or recommended by a WAIS approved provider and as outlined in the WAIS Athletes Benefit Policy.
- 2.1.2 WAIS Coaches, athletes and staff will comply with any medical instruction that an athlete is not fit to train or compete or that training must be modified.
- 2.1.3 Any request or recommendation for medical imaging must be approved by a WAIS Sports Physician or referred specialist.
- 2.1.4 Any injury or illness impacting the ability of an athlete to train or compete fully must be reviewed by a WAIS Sports Physician every three weeks unless otherwise approved by the treating physician.
- 2.1.5 WAIS athletes may seek a second opinion on a recommended treatment from another medical professional in the WAIS network.

- 2.1.6** WAIS athletes have the right of choice to be treated by their preferred WAIS approved provider under this policy.
- 2.1.7** All medical consultations and treatment notes will be entered into the WAIS Athlete Management System (WAIS-AMS, see 2.2 Electronic Healthcare Records and figure 2) within 48 hours and communicated to coaches and other relevant staff as required to meet operational requirements.
- 2.1.8** Treatment for athlete injuries which are claimable under workers compensation cannot occur during embedded provider sessional hours.

2.2 Electronic Healthcare Records

Electronic healthcare records will be kept to ensure the healthcare information for athletes is managed effectively and maximizes the continuity of care across WAIS and the high performance sport system.

- 2.2.1** WAIS will use of the Australian Institute of Sport (AIS) Athlete Management System (AMS) for storing health records for athletes in the high performance sport system.
- 2.2.2** WAIS staff, contractors or consultants are required to keep high quality health records as appropriate to their profession within the AMS system. The quality of records needs as a minimum to meet the definitions provide by the AIS¹. This is required to maximize the quality and continuity of care in the multi-disciplinary and multi-agency environment that is the high performance sport system.
- 2.2.3** WAIS staff, contractors or consultants will take responsibility for ensuring that health records are created and maintained in line with all relevant legislation regarding data security, patient confidentiality and privacy.
- 2.2.4** WAIS will take responsibility for monitoring the use of health records to ensure best practice standards are maintained. The identified WAIS sport program lead Physiotherapist and Sports Physician will be responsible for monitoring the quality of injury and illness records in line with recognized standards (e.g. RACGP 'Quality health records in Australian primary healthcare').
- 2.2.5** WAIS will use health records to perform quality improvement initiatives and support the prevention of injury and illness in athletes.
- 2.2.6** WAIS will conduct research that helps to improve the care and performance of athletes using de-identified health records in line with the WAIS Research Policy and the relevant clinical and medico legal standards.

2.3 Screening

Medical, musculoskeletal and ECG screenings are mandatory for all new WAIS athletes within one month of their scholarship offer commencement date.

- 2.3.1** All new athletes are required to have a Hepatitis A and B immune status blood tests, and iron studies blood test within one month of their scholarship offer commencement date.

¹AIS, The definitions and use of the injury record within the Athlete Management System: Data Dictionary, Version 2, 2019

- 2.3.2** Athletes must have the prior approval of a WAIS Sport Physician to train with a WAIS sport program after this one month period if the above screening processes are not complete.
- 2.3.3** The National Sport Organisation approved sport specific musculoskeletal screening and medical screening forms within AMS must be used. If the NSO does not have an approved screening form the CMO will approve the form to be used.
- 2.3.4** All results from screens will be reviewed by a WAIS Sports Physician and an agreed action plan and monitoring process implemented.
- 2.3.5** 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 treating WAIS Sports Physician or the WAIS CMO. Any additional testing must be performed prior to a scholarship offer being finalised.
- 2.3.6** Follow up musculoskeletal screenings will be performed at the discretion of, and on advice from, the lead physiotherapist for each particular sport program or as requested by a relevant NSO.
- 2.3.7** Every athlete will receive a follow up medical screening every three years.
- 2.3.8** All female athletes will undergo repeat Ferritin level blood tests at six monthly intervals unless the CMO directs that this is not necessary.

3. SERVICE PROVIDERS

3.1 WAIS will provide access to a range of service providers who are selected based on the following criteria:

- 3.1.1** Qualifications – providers must hold the relevant Australian qualification and registration with their discipline national governing body and the minimum following post graduate qualifications.
 - 3.1.1.1** Doctors – Registration as a Sports Physician
 - 3.1.1.2** Physiotherapist – Registration as a Sports Physiotherapist
- 3.1.2** Experience – providers must have demonstrated practical experience with high performance sport as defined in the relevant WAIS Service Provider Duty Statement.
- 3.1.3** Athlete Choice – male and female providers for each discipline and not in a single location, wherever possible.
- 3.1.4** Coach satisfaction – coach comfort with working with the provider.
- 3.1.5** Compliance management of providers – maintain the minimum number of providers to meet operational requirements.
- 3.1.6** WAIS will annually review the performance of all providers and assess and confirm the number of providers required to meet operational requirements.

4. MEDICAL SERVICE RESPONSIBILITIES

4.1 Chief Medical Officer

- 4.1.1** Recommends the direction for all medical processes at WAIS which other medical providers, WAIS coaches and WAIS staff will follow.
- 4.1.2** Approves the WAIS medical professionals' network in accordance with policy standards.

- 4.1.3 Coordinate meetings of service providers and WAIS staff as necessary to inform and improve the delivery of medical services at WAIS.
- 4.1.4 Approves the WAIS AMS injury record distribution lists.

4.2 WAIS Coach

- 4.2.1 Holds primary responsibility for ensuring that the athletes under their care comply with all procedures as described in the WAIS Sports Medicine Policy.
- 4.2.2 Will refer athletes to WAIS approved service providers only.
- 4.2.3 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.
- 4.2.4 Will review athlete injury records for their athletes and action as per medical providers' advice.
- 4.2.5 Will advise the sport program Sport physician via email or in person when an athlete returns to training from an illness.

4.3 Medical Providers – (Sports Physician and Physiotherapist)

- 4.3.1 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.
- 4.3.2 Comply with the relevant medical provider requirements of this policy.
- 4.3.3 Provide medical or physiotherapy services including screening of athletes and will follow up on recommendations made.
- 4.3.4 Will oversee the development and implementation of Return to Sport plans for all athletes with an injury or illness that results in greater than 3 weeks of modified or no training.
- 4.3.5 Will collaborate to close out athlete injury records.
- 4.3.6 Sport Physicians will close out athlete illness records based on their assessment or advice received from a coach.
- 4.3.7 Attend meetings as necessary.

4.4 WAIS Athlete

- 4.4.1 Complete all requirements within this policy on time.
- 4.4.2 Communicate openly and honestly with coach, medical professionals and performance service staff on all elements of injury they sustain.
- 4.4.3 Comply with recommendations/direction of medical professionals regarding injury management.
- 4.4.4 Inform the relevant Performance Team director and Head Coach if they decide to see an alternate WAIS Provider or intend to use a non-approved WAIS Provider.

4.5 WAIS Performance Team Directors

- 4.5.1 Responsible for programs and staff within their Performance Enhancement Team complying with this policy.

4.5.2 Chair meetings between coach, sports physician, physiotherapist and other performance service staff as necessary to facilitate optimal prevention and treatment of injury or illness or action resulting from the screening of an athlete.

4.6 WAIS Performance Enhancement Team staff

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

4.7 WAIS Performance Enhancement Team Coordinator

4.7.1 Coordinate the administration processes required to support implementation and monitoring of this policy.

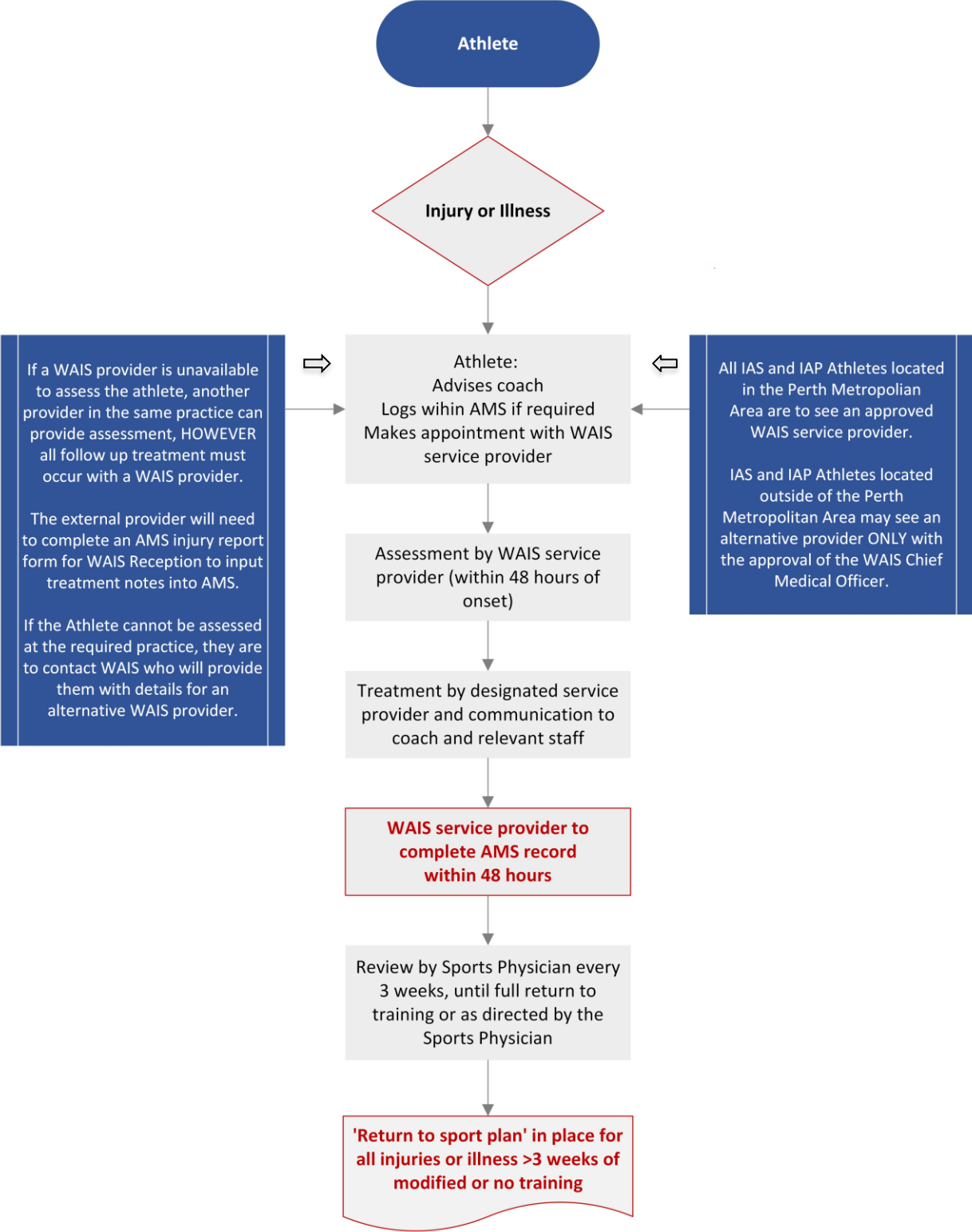
4.7.2 Coordinate meetings between coach, sports physician, physiotherapist and other performance service staff as directed.

5. MEDICAL SERVICE PROCESSES

5.1. Injury and Illness 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. The process for injury management is outlined in figure 1.

Figure 1: Process of Injury and Illness Management for WAIS Athletes



6. 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.

7. MEDICATION AND INJECTIONS STANDARDS

7.1 Medication

- 7.1.1 The use of medications by an athlete are prohibited, unless that use is in accordance with this policy or a TUE has been obtained.
- 7.1.2 Athletes are permitted to use medications that are not prohibited under the World Anti-Doping Code in any of the following circumstances:
- 7.1.3 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;
- 7.1.4 When the medication is purchased in Australia as non-prescription or over-the-counter medication and that medication is on the Global DRO list (<http://www.globaldro.com/Home>); or
- 7.1.5 One of the exemptions in clause 9.3 applies.

7.2 Injections

Subject to clause 9.3, the injection of any substance into an Athlete is prohibited unless all of the following conditions are met:

- 7.2.1 The injection of the substance is not prohibited under the World Anti-Doping Code, or a TUE has been obtained;
- 7.2.2 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;
- 7.2.3 The injection respects the manufacturer-approved indication of the medication; and
- 7.2.4 The injection is administered by a medical practitioner or allied health practitioner who is suitably qualified to administer that injection.
- 7.2.5 This policy applies to any substance that is injected, whether permitted under the WAIS Anti-Doping Policy 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.
- 7.2.6 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.

7.3 Exemptions

- 7.3.1** 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.
- 7.3.2** The use of acupuncture needles, as they are solid needles used for the treatment of soft tissue injuries.
- 7.3.3** 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.
- 7.3.4** 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.
- 7.3.5** 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.
- 7.3.6** 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.

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

- 8.1** This policy is to be read in conjunction with the WAIS Anti-Doping Policy.
- 8.2** 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.

9. MEDICATION AND INJECTION POLICY RESPONSIBILITIES

9.1 Athletes

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

- 9.1.1** Athletes must advise their treating Medical Practitioner and allied health professionals that they must comply with the World Anti-Doping Code.
- 9.1.2** Athletes must not take any medication unless the requirements in clause 7 have been followed or an exemption outlined in clause 7.3 of the policy applies.
- 9.1.3** Athletes must not self-inject or be injected with any substance, unless the injection meets the requirements of clause 7.2 or the exemptions outlined in clause 7.3 of this policy.

- 9.1.4 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.
- 9.1.5 In the case of an Athlete requiring medication that is prohibited under the WAIS Anti-Doping Policy, a TUE is required.
- 9.1.6 Athletes must seek advice from a suitably qualified medical practitioner before using any anti-inflammatory, pain -relieving and sleep-inducing medications.
- 9.1.7 Athletes must attend educational sessions conducted by WAIS in respect of this medication and needles policy.

9.2 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:

- 9.2.1 Prescribe and administer medication and injections in accordance with this policy.
- 9.2.2 Must promptly record all medications and injections that are reported to them or prescribed or administered by them.
- 9.2.3 Must promptly record details of any Athletes who have been provided written permission to self-inject or be injected by others.
- 9.2.4 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
- 9.2.5 Provide guidelines and support to any athlete support personnel or other WAIS member who may be required to administer medications to an Athlete.

9.3 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:

- 9.3.1 Only prescribe and administer medications and injections in accordance with this policy.
- 9.3.2 Promptly record all medications and injections that are reported to them or prescribed or administered by them.
- 9.3.3 Promptly record details of any Athletes who have been provided written permission to self-inject or be injected by others; and
- 9.3.4 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.

9.4 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 clause 7.3.6, authorised treatment under clause 7.3.1.

- 9.4.1 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.
- 9.4.2 WAIS athlete support personnel must not dispense any medication to an Athlete unless:
 - 9.4.3 It is within the scope of their professional qualifications to do so; or
 - 9.4.4 Prior written approval is provided by the Chief Medical Officer or a WAIS appointed Medical Practitioner; or
 - 9.4.5 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
 - 9.4.6 An exemption in clause 7.3 applies.
- 9.4.7 WAIS Athlete Support Personnel must comply with the WAIS Anti-Doping Policy in respect of their Possession and Use of medication.

9.5 WAIS

- 9.5.1 When and where required, all medications will be stored under locked refrigeration or secured cupboard; and
- 9.5.2 There is a sharps disposal bin suitably located in all designated WAIS training facilities.

10. DEFINITIONS

Medication includes prescription medication and non-prescription medication.

11. RELATED ELEMENTS

11.1 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).

11.2 Infectious Diseases

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

11.3 Vaccination/Immunisation

Athletes travelling overseas should ensure adequate vaccination.

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

12. REVIEW AND REVISION

This policy, and all related appendices, will be reviewed according to the policy revision schedule and as deemed appropriate.

Policy review will be undertaken by the Chief Medical Officer and any revisions approved by the Chief Executive Officer.

Revision History

Date	Version	Reviewed by	Changes made
13 November 2018	3.1	CMO	Policy Updated
5 March 2020	3.2	CMO	Policy Updated
1 June 2021	3.3	CMO	Policy Updated
14 July 2022	3.4	CMO	Policy Updated
29 June 2023	3.5	CMO	Policy Updated

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