



QSA Injury Policy

1. Immediate Response

- If an injury occurs, the coach or designated first aid provider will assess the situation immediately. The severity of the injury will determine the appropriate response.
- Basic first aid will be administered as needed. A designated coach will have access to a first aid kit and be trained in basic first aid procedures.
- In the event of a serious injury or if a participant is unconscious, emergency medical services will be contacted immediately. The injured person will not be moved unless absolutely necessary.

2. Reporting Injuries

- Players should report any injuries to their coach as soon as possible. Even minor injuries should be reported to ensure proper care and documentation.
- Parents or guardians should inform the coach of any pre-existing medical conditions or injuries that might affect their child's participation. They should also report any injuries that occur outside of scheduled sessions.

3. Medical Clearance

- If a player sustains an injury, especially a significant one, a medical evaluation by a healthcare professional is recommended before resuming participation.
- A player who has been injured must obtain written clearance from a healthcare professional before returning to practice or games. This ensures that they are fit to participate and reduces the risk of further injury.

4. Return to Play

- Gradual Return: Players returning from an injury should follow a gradual return-to-play protocol, which may include modified practices and limited participation initially.
- Coaches will work with the injured player and their healthcare provider to determine an appropriate return-to-play plan. The plan should be communicated to the player, parents, and other relevant staff.



5. Documentation and Follow-Up

- Injury Report Form: An Injury Report Form will be completed for every injury that occurs during practices or games. This form will include details of the injury, the treatment provided, and any follow-up actions required.
- All Injury Report Forms will be kept on file for record-keeping and insurance purposes. This documentation helps track injury trends and ensures compliance with safety standards.
- Coaches or program administrators will follow up with injured players and their families to monitor recovery and ensure proper care.

6. Insurance and Liability

- Queensland Soccer Academy maintains general liability insurance to cover injuries occurring during program activities. Participants should also have their own health insurance.
- All participants and their guardians must sign a liability waiver before participating in the program. This waiver acknowledges the risks involved and confirms that participants have been informed of the program's policies.

7. Prevention and Training

- The program will provide training on injury prevention, including proper techniques, warm-up exercises, and equipment use. Regular reviews of safety practices will be conducted.
- Coaches and staff will receive training in first aid, CPR, and injury management to ensure they are prepared to handle injuries effectively.

8. Emergency Procedures

- An emergency action plan will be in place for each practice and game location. This plan will include emergency contact numbers, first aid procedures, and protocols for contacting emergency services.
- A list of emergency contacts, including medical personnel and emergency services, will be available at all practice and game locations.



Thank you for your understanding and cooperation.



A handwritten signature in black ink, appearing to read "SMC", written over a light blue horizontal line.

Stephen McCarthy
Owner/Head Coach
Queensland Soccer Academy