

Medical Protocols for 2023 AFLNZ Premiership

Medical clearance is required to be sent to medical@aflnz.co.nz before players are eligible for team selection.

Introduction

A team of physios (registered and students) will be available to all premiership players throughout the duration of the premiership season. They will be available on game day prior to games and for any incidents throughout the game.

If a player has a current injury or receives an injury during the game, they will be required to receive clearance from **A PHYSIO** in writing (email, letter) prior to game day to be cleared to play. There will be **NO EXCEPTIONS**. No clearance no play.

Shanta Physio will be working with the Premiership however this does not mean that players have to receive treatment exclusively from Shanta Physio. Players can still see and rehabilitate injuries with their personal physios until clearance to play is received. If they do not have a current physio, then they can make an appointment with a physio at the Shanta Physio practice.

Expectations

- If players require strapping or soft tissue massage prior to games, they should book in a slot prior to their game (a booking form will be available to all). On game day they are required to be ready for their appointment. The physio will **not be available** for strapping if the player has not made a prior appointment.
- **Players are required to complete a medical consent form which will detail any previous injuries or allergies.**
- If parents, family members are concerned about those playing, they should discuss with the manager of the team first rather than directly with the physio.
- On game days the physios time is valuable and there will be times when some players have priority over others. Please be patient and understanding with this.
- The sideline physio for each game is there to watch the game and ensure everyone's safety so please do not approach them as you will distract them.
- If physio clearance is required, this has to be received prior to game day to be available for selection.

Process for booking treatment prior to game day

- During the week prior to game day a booking form will be circulated among the premiership Facebook teams. This will be a google doc so anybody can view and edit the doc, this is where you will make your appointment time. If you require pregame strapping or massage please fill your name, details and injury in the box. The timings and appointments are subject to change due to game day timings.

Process for injuries during games

- If you are injured during the game and the physio deems it requires follow up treatment, the injured person will be placed on the injured players list. The recommended treatment plan for the injury will be outlined and referrals will be made if necessary. Players will remain on the injured players list until physio clearance (from any physio) is received prior to game day.
- There will be physios available for strapping if the need arises throughout warm-up or games.
- There will be a physio sideline of the game who will enter the field of play if they deem it is necessary. They will communicate with the umpire if the game needs to be stopped.