

Medical Clearances & Return to Play Policy



Medical Clearances

The requirement for medical clearances is about ensuring that players seek medical attention for conditions that may cause them further serious health problems in the long term.

For certain injuries and illnesses, a player will not be permitted to return to training or participate in any further games until a medical clearance is made by a doctor/physio and the clearance paperwork has been filed with the Coach and/or Club's Physio.

Conditions where a medical clearance is required are:

- Any form of cardiac (heart condition)
- Hypertension (history of high blood pressure)
- Broken bones of any sort
- Significant soft tissue injuries (where a player has not recovered to a playing capacity one week post injury)
- Any form of concussion
- Any form of unconsciousness, no matter how brief
- Any form of potential cervical (neck) injury
- Repeated episodes of illness of and already diagnosed medical conditions such as asthma, diabetes and epilepsy
- Any injury involving the eye itself
- Any player recovering from a significant illness, such as:-
 - Chicken pox
 - Measles
 - Whooping cough
 - Glandular fever
 - Swine flu (H1/N1)
 - Pneumonia
 - Any form of influenza where it has caused the player to miss games and training greater than one week
 - any immune depressed conditions as deemed necessary by Accredited Sports Trainers

The medical clearance/certificate should state that *"the player is fit to return to Football (Soccer)"*.

The above list is not exhaustive, and your Coach will apply a common sense approach when requesting a medical clearance. Many of the above conditions can be made worse by physical activity and cause the player/s further illness or discomfort. Some medical conditions can also be contagious and pose a risk to other players and coaching staff. The medical clearance may also be subject to conditions attached by the doctor/physio for example restricting the player to only light training and no games or player is only permitted to play x amount of minutes etc. Coaches will be guided by the recommendation of the club physio.

Return to Play

The return to play will be at the discretion of the Coach and Club Physio. Once a medical clearance has been provided, the Coach/Club and Physio are required to confirm the player's fitness to resume training or participation in game play and as such can ask that any exercise, fitness test or stretching task be completed before the player is allowed to return to the field of play.