



First Aid/Injury Policy



APPROVED

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This Policy addresses procedures for minor and severe injuries, use of the Defibrillator and action plan when calling an ambulance, reporting an injury and claiming insurance.

The Physio Room is located under the awning at the eastern end of the Control Centre.

1. First Aid

- a) Clubs are responsible for supplying their teams with first aid kits.
- b) Minor injuries may be attended to by the Physio in the Physio room.
- c) The person in charge of the team (coach/manager/parent) decides whether the emergency can be managed with the First Aid Kit on hand and, if not, go immediately to the Physio on duty.

2. Physio Services

- a) Physio services are available in the Physio Room for any injured players.
- b) Ice is available for injuries from the Physio Room.
- c) The Physio is available to attend an injury on the court, if necessary, for assessment or attention to an injured player. The Physio will identify themselves on arrival at the court.
- d) The injured player should be removed, if possible, from the court. Should the injured player not be able to be removed, advise the Control Centre in order that the game can be moved to another court.
- e) If the Umpire is injured the Control Centre must be notified so that the Umpire can be replaced and the injury attended to.

3. Defibrillator

- a) Located on the wall outside the Control Centre next to the Unisex Toilet/Shower Room.
- b) If the person is unresponsive and not breathing immediately commence CPR and ring 000.
- c) Collect defibrillator and CPR continues whilst the defibrillator is being attached.
- d) Refer to Appendix A for application and use of device.



4. Severe Injury

- a) If a serious injury occurs and an ambulance is required, a designated person must call 000 themselves as the Operator will ask for further information.
- b) If in any doubt dial 000 for an ambulance.
- c) When an ambulance is called, immediately report and advise of the medical incident to the Control Centre.
- d) An Executive Member will wait at the driveway to direct the ambulance to the court when it arrives.

5. Reporting an Injury

Netball injuries need to be reported. A google form has been set up by RNA to enable reporting to occur.

Scan QR code to complete the google form to report an injury. If you require assistance with the google form, please contact our Physio.



Refer to Clause 8 of this policy if you need to lodge an insurance claim.

6. When calling an Ambulance

DIAL 000

Location of Courts

- Heffron Park Netball Courts, Fitzgerald Avenue, Maroubra – between Anzac Parade and Bunnerong Road. The entrance to the courts is opposite Wild Street, Maroubra.
- Advise the court No.

Call Operator will ask what State: Answer NSW and advise the above address



Operator will then ask:

- a) Name, age and gender of the patient.
- b) The patient's level of consciousness.
- c) If the patient has had a head strike – injury.
- d) The patient's breathing status.
- e) The nature of the injury eg are there broken or exposed bones or bleeding.

7. In case of a medical emergency

In the case of a child:

- The child's parent or carer, if present, to assist or otherwise the team's appointed Primary Carer or the child's Coach or Manager to assess and decide if the injury can be managed or requires urgent medical assistance.

In the case of a team official:

- Follow the above action plan.

In the case of a spectator:

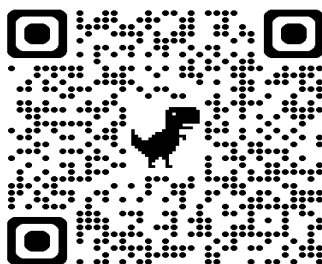
- Follow the above action plan.

8. Notification for claiming Insurance

If you are a personal member, qualified coach or official or a registered club, Netball Australia's insurance program may provide insurance cover for activities sanctioned by Netball Australia and State/Territory Associations.

As of December 2025, Howden is the appointment insurance broker partnered with Netball Australia.

Scan bar code to Howden's – "How to make a claim" or go to their website (<https://www.howdengroup.com/au-en/netball-how-to-make-a-claim>).





9. Appendix A - Automatic External Defibrillator (AED) – How to use

RNA Executive will arrange an annual maintenance check for the device.

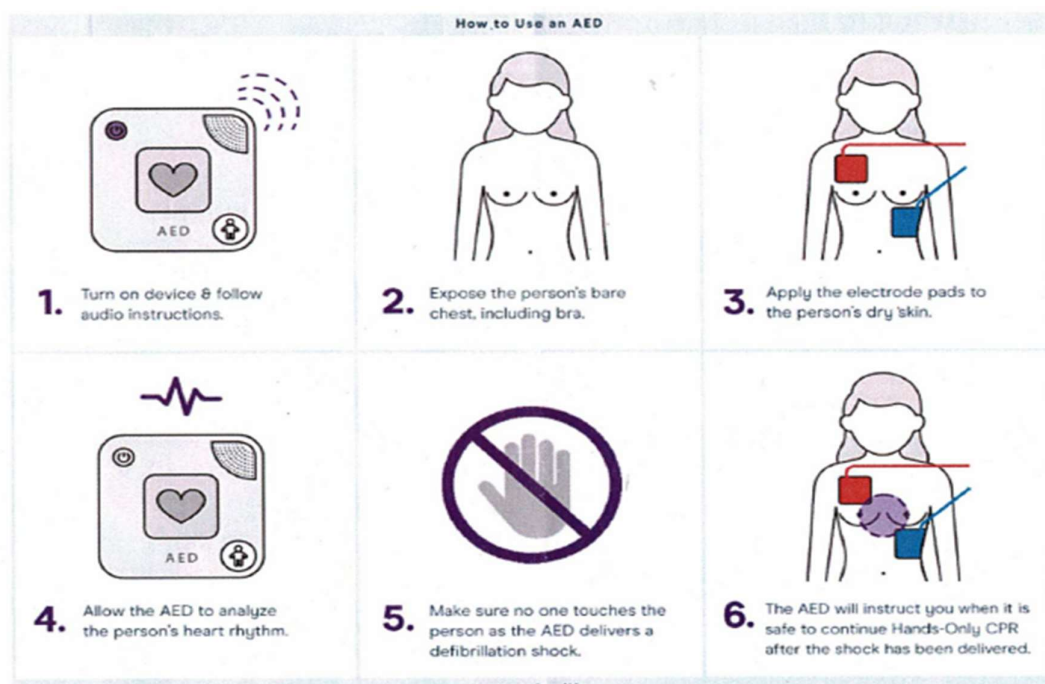
RNA conducts a weekly battery check of the AED. At this time, RNA executive should review the electrode pads (expiry dates and packaging to be intact), and other equipment required in AED bag- see list in bag (scissors etc.)

If someone is unresponsive and not breathing normally

- Call for help (000)
- Commence CPR
- Attach the AED

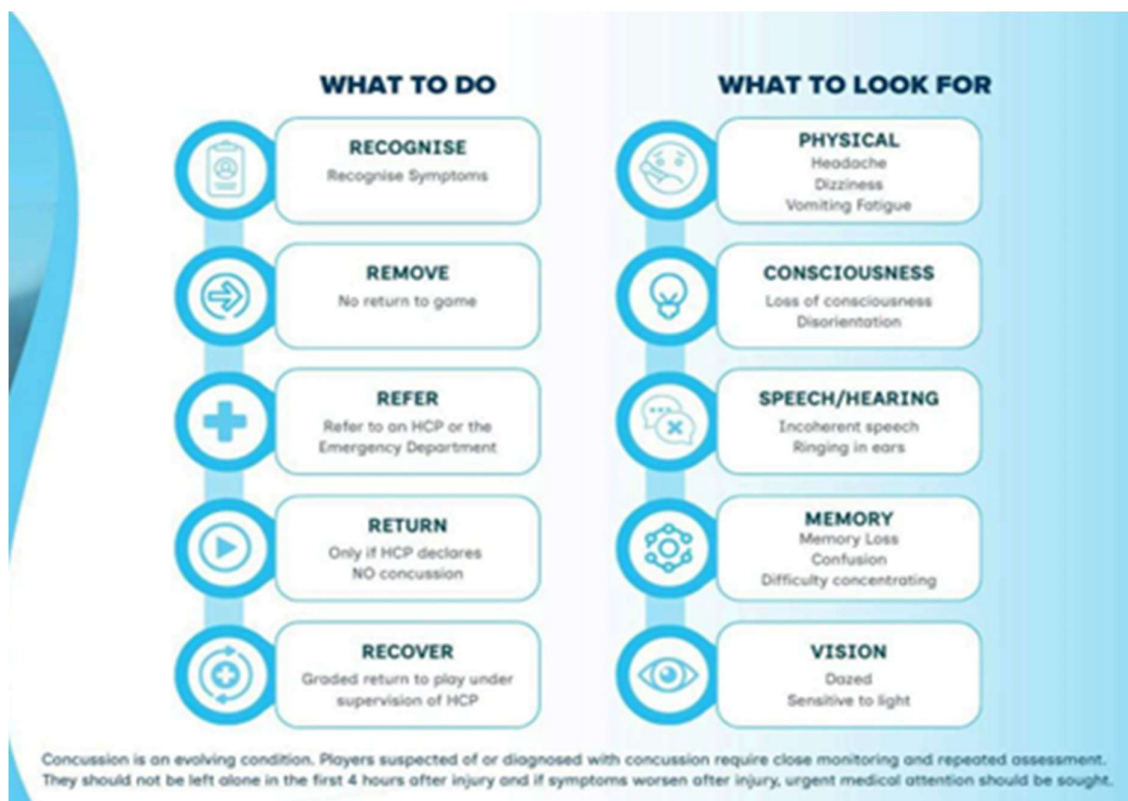
How to use the AED

1. Open the AED - it will automatically turn on - follow audio instructions.
2. Expose the person's bare chest, including bra.
3. Apply the electrode pads to the person's dry skin.
4. Allow the AED to analyse the person's heart rhythm.
5. Make sure no one is touching the person as the AED delivers a defibrillation shock.
6. The AED will instruct you when it is safe to continue CPR after a shock is delivered.
7. Continue listening to the AED until NSW Ambulance arrives and takes over the rescue.





10. **Appendix B – Concussion – What to do and what to look for**



The following link will provide additional information for concussion in netball. Click or copy and paste one of the following links.

- [Guidelines for the management of Sports related concussion in Netball](#)
- Link - <https://share.google/TKrOg73XDPnBHtJCm>