



Beaumont Soccer Association

T003- Injury Management Policy

Adoption Date: January 18, 2024

Revision No: 1

Policy Type				
Administrative	Board	Financial	HR	Technical

The primary goal of this policy is to ensure the safety and well-being of all players within Beaumont Soccer by establishing clear guidelines for injury management. This policy outlines the steps to be taken in the event of an injury, including prevention measures, immediate response, and ongoing care.

1. Prevention:

- Coaches and staff will implement age-appropriate warm-up and cool-down routines during training sessions and matches.
- Adequate rest periods and hydration breaks will be incorporated into practices and games.
- Pre-Training or Match safety inspections of players equipment, removal of all jewelry, playing surfaces, and equipment will be conducted to minimize potential hazards.

2. Immediate Response:

- In the event of an injury, coaches and designated staff will assess the situation promptly and prioritize player safety.
- Basic first aid will be administered as needed, and emergency services will be contacted for serious injuries.
- Parents or guardians will be notified immediately in the case of a significant injury, providing details and recommendations for further action.

3. Documentation:

- Incident report will be completed promptly via email, and shared with relevant board executives, coaches, and parents.

4. Rehabilitation and Follow-up:

- Injured players will receive proper medical attention and a comprehensive rehabilitation

plan as advised by healthcare professionals.

b. Coaches and staff will work closely with healthcare providers to facilitate a safe return to play, ensuring that players are fully recovered before rejoining team activities.

5. Communication:

a. Open and transparent communication will be maintained between coaches, parents, players, and healthcare providers throughout the injury management process.

b. Regular updates on a player's recovery progress will be provided to parents or guardians.

6. Return-to-Play Protocol:

a. Players must be cleared by a qualified healthcare professional before returning to full participation.

b. Gradual reintroduction to training activities will be implemented, with careful monitoring of the player's response to ensure a safe return to play.

By adhering to this injury management policy, our youth soccer club aims to create a safe and supportive environment, fostering the overall well-being and development of our players.

Change Control

Change Description	Approved on Date
New Policy	