



CHANGES TO OUR MANAGEMENT OF INJURIES

If a student presents to sport with an injury, we will be providing alternative activities to have them actively engaged during this time.

Our aim is to provide a quality alternative for the students. They will have the opportunity to engage in some service opportunities or light exercise as they are focusing on their recovery.

We ask students and parents to support this initiative by following these steps if injured:

1. The student presents to sport with an injury.
2. The student is to provide a note in their student diary to the teacher at their sport. Students will be offered to join a walking group if their injury permits. If not, they will assist at the sport by scoring or umpiring.
3. The teacher will allow the student to join a walking group for one occasion.
4. The student can use this alternative for 1 week with a diary note. If the injury requires more time, parents must provide a medical certificate to the Sports Coordinator via email (mfox@thac.nsw.edu.au) prior to the 2nd occurrence.
5. If a medical certificate is provided, the Sports Coordinator will consult the student in providing an alternative activity for the duration of the time they need to be less active. This could include scoring, umpiring or others activities for this time.

Please note:

*If the injury has occurred during the day, students need to have reported to the College Nurse and will therefore proceed through the steps above.

*If the student is injured at sport, they will be assessed by the College Nurse. If they return during sport time, the student will sit on the side for the remaining time if they are unable to participate.

We believe it is important to encourage our students to remain active to improve their health and wellbeing.

Thank you for the continued support of our Sports Programs at the College.

Mr Michael Fox

Senior School Sport Coordinator
