



NSWIS Medical Policy

Policy endorsed by OEC.

Policy approved by Board.

CEO: _____
(signature)

Next formal review by OEC:
September 2020

**Policy Author and
Contact person for more information:**

Chief Medical Officer

NOTE: Any agreed changes to the Policy approved by the OEC and/or Board between the date of issue and the date for next review are to be updated and made available to all staff for advice.

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1. Purpose

- 1.1 This policy provides athletes, coaches, sports medicine professionals and other service providers with a point of reference to the operation of medical services at the NSW Institute of Sport (NSWIS).

2. General Principles

- 2.1 NSWIS has a duty of care to support and facilitate NSWIS athletes training and preparation for competition in a way that improves performance yet minimizes the risk of injury and illness.
- 2.2 This policy document aims to provide clear guidelines for coaches, athletes, sports medicine professionals/service providers and administrators, to ensure that the provision of sports medicine services to NSWIS athletes and coaches is proactive, effective, efficient, aligned with current best practice and of consistent content and quality.
- 2.3 NSWIS athlete refers to all agreement holders (scholarship, talent, training) whose primary DTE is NSWIS (sport training venue and/or gym).

Note: should an athlete's primary DTE be 'Partner' driven (i.e. national/state sporting organisation, SIS/SAS, professional team, club) the athlete will complete screenings as directed by the 'Partner' and/or as agreed with by the NSWIS Medical Director.

- 2.4 NSWIS takes responsibility for:
 - Screening NSWIS athletes for existing illness, health, injury and musculoskeletal problems.
 - Providing or referring for appropriate medical treatment, rehabilitation programs and training modifications, to address any identified problems.
 - Organising appropriate, expert and timely intervention in the case of illness or injury.
 - Planning and monitoring an athletes' safe return to training and competition following illness or injury.
 - Promoting and supporting practitioner adherence to ethical treatment guidelines and regulations with regards to drugs and doping methods in sport.

3. Application

- 3.1 All NSWIS athletes, Coaches, Staff and Service Providers must comply with this Medical Policy.
- 3.2 Medical management will be conducted in accordance with guidelines documented within this policy.
- 3.3 As a duty of care to NSWIS athletes, all coaches and staff will comply with medical instructions relating to an injured or unwell athlete who requires a modified training program or is not fit to train or compete.

4. Medical Team

- 4.1 Medical Director
- 4.2 Medical Administrator
- 4.3 Physiotherapy Leads
- 4.4 Senior Dietitian
- 4.5 Section Lead Psychologist

5. External Service Provider Network

- 5.1 Medical care of NSWIS athletes is facilitated by NSWIS employed staff and approved service providers in the areas of Sports Medicine, Physiotherapy, Massage, Nutrition and Psychology
- 5.2 Service providers may apply or be invited to appointment as an NSWIS external service provider on the basis of:
 - Relevant undergraduate and postgraduate qualifications
 - Experience with care of elite athletes
 - Regional needs of NSWIS programs and athletes
 - Signing an agreement which defines the provision of services and communication requirements
- 5.3 Reappointment of individuals to the external service provider network is determined by athlete utilisation and the regional and other specific needs of NSWIS athletes and programs.
- 5.4 Accredited service provider details are listed on the NSWIS website, including practice addresses contact numbers.
- 5.5 The Medical Director and Physiotherapy Leads will regularly review the status of all providers to assess and confirm the number of providers required to meet operational requirements, in consultation with additional expertise where relevant.

6. Athlete screening

- 6.1 NSWIS has a duty of care to conduct medical and musculoskeletal screening on scholarship athletes. It is considered an essential component of the care, preparation and development of an athlete.
- 6.2 A comprehensive screening program aims to reduce injury risk for an athlete and medico-legal risk exposure for coaches, medical providers and NSWIS.
- 6.3 All new and returning NSWIS athletes will complete medical, musculoskeletal and cardiac screenings within 4 weeks of their scholarship offer commencement date.
- 6.4 If an athlete fails to complete the required screening, a notification of non-compliance will be sent by the Performance Support Manager; restrictions to facility access and/or services may be applied.
- 6.5 Medical and musculoskeletal screenings are repeated annually - including completion of the NIN standard questionnaire, online Cogsport test (to provide a baseline level in the event of a concussion injury), examination by a medical practitioner and examination by a physiotherapist.
- 6.6 Further investigations or medical/physiotherapy treatments arising out of the recommendations of the athlete screening will be performed at the expense of the athlete, unless otherwise approved by the Medical Director or sport program Head Coach/Program Manager.
- 6.7 All medical screening reports will be reviewed by the Medical Director; summary information will be presented to the sport program Head Coach/Program Manager.

7. Cardiac screening

- 7.1 Sudden cardiac death (SCD) in young athletes is rare but potentially preventable.
- 7.2 Screening aims to identify at risk athletes and facilitate investigation and treatment which might prevent SCD.
- 7.3 Cardiac screening of all NSWIS athletes comprises medical review, assessment of past history and family history, clinical examination and resting ECG, which is consistent with the recommendations in the Australasian College of Sport and Exercise Physicians Statement on Pre-Participation Cardiac Evaluation in Young Athletes.

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- 7.4 All NSWIS athletes require medical review and cardiac examination annually, as part of their NSWIS medical screening.
 - 7.5 All NSWIS athletes require a resting ECG at the time of entry into NSWIS sport program and then every 2 years until age 25.
 - 7.6 Athletes may require referral for echocardiography and cardiologist review if abnormalities are detected on examination or ECG.

8. Visiting athlete screening requirements

- 8.1 A visiting athlete may be permitted to use the NSWIS gym and partnered training facilities with appropriate supervision (agreed through the NSWIS Visiting Athlete Request process).
- 8.2 Visiting athletes must complete an NSWIS Venue Access Waiver before accessing facilities for training.
- 8.3 Visiting athletes who require access to NSWIS gym and/or partnered training facilities for a period of greater than 6 months will be required to undertake medical and musculoskeletal screening and/or provide evidence of current screening completed by their SISSAS/NSO.

9. Illness and Injury Management

- 9.1 NSWIS athletes who suffer an injury or illness which affects their ability to train or compete can seek treatment with their own health care practitioner or an approved NSWIS Medical Service Provider.
- 9.2 NSWIS external service providers are required to record illness and injury information into the Athlete Management System (AMS) and/or communicate it to the Medical Director or Physiotherapy Lead/Coordinator for the sport (external provider agreement 5.2).
- 9.3 Athletes should notify their coach of the recommendations provided by the health care practitioner.
- 9.4 NSWIS athletes must comply with the World Anti-Doping Code. It is essential that any medication prescribed by a practitioner or ingested by an athlete is permitted for use in sport or therapeutic use of a prohibited substance is covered by a Therapeutic Use Exemption (TUE).
Check www.globaldro.com/au before taking any medication or supplement or the ASADA mobile app (www.asada.gov.au/tech) available from iTunes and Google Play stores.
- 9.5 Specific guidelines relating to supplements and injections, concussion, heat, infectious diseases and vaccination and travel are regularly updated and attached as appendices to the NSWIS Medical Policy.

10. Medical Reimbursement

- 10.1 NSWIS does not bear responsibility to cover the medical and rehabilitation costs (or Gap cover amounts) for injured athletes; sport program budgets may contribute on a case by case basis.
- 10.2 All athletes are advised to maintain comprehensive private health fund cover during their scholarship.
- 10.3 No medical expenses should be incurred on the assumption of reimbursement by NSWIS.

11. Medical record keeping

- 11.1 NSWIS Medical staff and external service providers are required to record details of any screening, illness and/or injury, medication or medical procedure that may impact an athlete's ability to train or compete.
- 11.2 Medical records are to be entered into the designated, secure Athlete Management System (AMS).

11.3 Appropriate confidentiality is maintained (if required) by restricting data permissions according to privileges attributed to the practitioner, coach or program manager logging in to read reports.

12. Education

12.1 NSWIS recognises the importance of providing athletes and those who support them with high quality education on issues relating to a proactive clinical delivery model which improves performance yet minimizes the risk of injury and illness.

12.2 NSWIS will develop and implement communication strategies relating to the key messages of the NSWIS Medical Policy for distribution to NSWIS staff, coaches, program managers and the external service provider network.

12.3 NSWIS will host a biannual Sports Medicine/Sports Science education and research conference for both medical staff and the external service provider network.

12.4 NSWIS will host intermittent education/CPD events when internationally recognised guest speakers (clinicians, health practitioners, researchers) are accessible.

13. Ethical considerations, confidentiality and freedom of information

13.1 All medical information relating to an NSWIS athlete is treated in a confidential manner and protected by ethical principles of disclosure, limiting which providers, coaches and administrators have access to screening reports and medical information.

13.2 NSWIS service providers must be familiar with and adhere to ethical codes with respect to acceptable conduct, communication with other medical team members, preservation of the rights of the athletes, informed consent to procedures and investigations and disclosure of information regarding athletes under their care to third parties as elaborated by the relevant professional bodies (Australasian College of Sports and Exercise Physicians, Australian Physiotherapy Association, Sports Medicine Australia, etc).

14. Supplementary Policies and Guidelines

Infectious Diseases

Infectious disease guidelines have been published by Sports Medicine Australia (SMA). These should be read and understood by NSWIS coaches and the guidelines adhered to. The key points are:

- Basic hygiene of individuals is the minimum requirement used to prevent infection
- Clean areas for changing and dressing are to be made available
- Use of bleach for cleaning blood stained uniforms or cleaning up of blood spills is recommended
- Vaccination against Hepatitis B is recommended for players and coaches of contact sports
- Procedures for control of bleeding, prevention of contamination and protection from blood or body fluids should be strictly adhered to
- Coaches should ensure they are well informed regarding prevention of cross-infection and prevention of infection guidelines and take appropriate action to reduce the risks to athletes

Vaccination & Immunisation

Up to date immunisation status should be a priority for NSWIS athletes, coaches and staff travelling with teams. Vaccination for athletes has three main goals:

- To ensure safe participation for athletes traveling and competing in Australia and overseas
- Prevention of diseases which may influence a team's competitive campaign
- Reduce the risk of contracting communicable diseases in contact sports

All athletes should have up to date childhood vaccinations and adult boosters, specifically Hep B, Tetanus and pertussis. Coaches traveling overseas with NSWIS teams should liaise with the Medical Director as soon as trip arrangements are made to ensure further vaccinations appropriate for the destination can be ordered and coordinated for all athletes and staff.

NSWIS has been established as a Yellow Fever Vaccination Centre for the benefit of NSWIS athletes, coaches, staff who are travelling overseas to Yellow Fever endemic areas.

Anti-Doping

NSWIS prohibits the use of banned medications and doping methods as proscribed by the World Anti-Doping Agency and relevant international sporting governing bodies.

NSWIS has taken a strong stand on Drugs in Sport and Anti-Doping since it commenced operations in 1996 and condemns doping as fundamentally contrary to the spirit of sport. NSWIS has an Anti-Doping Policy that all staff, contractors and athletes must adhere to. The Australian Sports Anti-Doping Authority (ASADA) releases both core and updated anti-doping information by a series of interactive education programmes. These education programmes provide both general and role specific education and are easily completed online with a certificate made available with successful completion.

All NSWIS staff are required to undertake, and successfully complete the ASADA Level 1 Anti-Doping Course in order to obtain a basic understanding of the major areas in the anti-doping space.

All NSWIS athletes, coaches, staff and contractors are bound by these rules and regulations as outlined in the NSWIS Anti-Doping Policy.

Advice about prohibited medications and methods is available from the Australian Sport Anti-Doping Agency (ASADA) <https://www.asada.gov.au> Educational programs on these subjects will be actively promoted by NSWIS. Prescribed medications can be checked for whether they are permitted in sport by checking www.globaldro.com/au or the ASADA Mobile app (www.asada.gov.au/tech) available from the iTunes and Google Play stores.

15. Review and Revision

This policy, and all related appendices, will be reviewed as it is deemed appropriate, but no less frequently than every 24 months.

Policy review will be undertaken by the Medical Director.

Revision History

<i>Date</i>	<i>Version</i>	<i>Reviewed by</i>	<i>Changes made</i>
12 Jul 2018	1.1	Medical Director	Policy updated

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