



POLICY

Sports Injury management

When a sports injury occurs in Australia, the immediate policy and response plan involves ensuring player safety, seeking medical treatment, and completing club reporting or insurance procedures.

Immediate Response & First Aid

- **Stop play:** Officials, coaches, or first-aiders must immediately pause the game and remove the injured person from play.
- **First Aid:** Administer First Aid as appropriate.
- **Get player to a medical professional:** If injury is more severe than that resolved by basic first aid – arrange for injured player to be taken to the nearest Hospital Emergency facility or call 000 for an ambulance.
- **The Blood Rule:** If the player is bleeding, they must be removed from the field immediately under the BQ "Blood Rule". A maximum of 10 minutes is allowed to control the bleeding and clean the uniform before a permanent substitution must be made.
- **Mandatory Protective Gear:** Ensure the player was wearing mandatory safety equipment, such as double-eared NOCSAE-approved helmets, a protective cup (which is strictly mandatory for BQ competitions), and catchers' gear where applicable.
- **Assess red flags:** Check for severe signs like loss of consciousness, neck pain, breathing difficulty, or severe fractures. Call **000** for an ambulance if an emergency occurs.
- **Concussion protocols:** Follow the Australian Institute of Sport (AIS) guidelines. If a concussion is suspected, the player must **not return to play that same day** and needs a medical clearance.
- **Concussion protocols:** If a player takes a hit to the head (e.g., from a wild pitch, a batted ball, or an outfield collision), Baseball Queensland aligns with the federal Concussion in Sport Australia guidelines:
 - **Recognise and Remove:** The player must be immediately removed from training or the game.



Western Districts Baseball Club Inc



- **Respond to the suspected concussion**
- **Refer the player to a medical practitioner for assessment**
- **Game Record Logging:** The injury must be officially logged in the Game Gameday database by clicking on "Concussion Records" and inputting the witness and reporter details.
- **Return to Play:** If diagnosed, community sport guidelines dictate a minimum rest and graded return program. Youth and community sports in Queensland heavily enforce these strict stand-down and medical clearance windows before a player can step back into the batter's box.

Reporting the Injury

- **Notify officials:** Inform a club official, coach, or event coordinator as soon as possible.
- **Complete an Injury Report:** Fill out the official [Baseball Queensland Injury Report Form](#) immediately to log the nature of the injury.

Insurance and Claims

- **Check coverage:** Most registered sports participants in Australia are covered by a basic player accident insurance policy arranged through their state or national sporting organisation.
- **Download the Claim Form: Access the Personal Accident Claim Form via Baseball Australia's insurance portal managed by Gallagher Insurance (or call them on 1800 931 129).**
- **Medical & Club Sign-off:** Have the treating doctor complete the Medical Statement portion of the form. Your club's President, Secretary, or Treasurer must also fill out the Club Declaration to prove the injury happened during an official baseball activity.
- **Strict 30-Day Deadline:** You must submit the completed paperwork to Gallagher via email (sport@ajg.com.au) or mail within 30 days of the injury occurring.