

# *Return to Skate Policy*



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## Acknowledgement

### OF COUNTRY

Skate Victoria acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea, and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

### OF DIVERSITY AND INCLUSION

Skate Victoria recognises that inclusion is about making sure our sport reflects the diversity of all participants and are committed to providing a safe, welcoming, and respectful culture where everyone feels welcome and accepted regardless of age, gender, ability, socio economic status or cultural, ethnic, or religious background.

### OF SAFE ENVIRONMENTS

Skate Victoria is committed to the safety and well-being of all children and young people who participate in our sport or access our services. We support the rights of the child and will always act to ensure that a child-safe environment is maintained.



## ***Position Statement***

It is in the interest of all members to have a safe and consistent approach to the treatment and management of skaters returning to training/play after injury or illness. It is equally important that a skater's re-entry to skating is managed appropriately after an extended break from training/play. Clubs may wish to adapt the SV Return to Skate Guidelines available to download from our [Skate Victoria](#) website.

Skate Victoria is committed to assisting clubs to keep its members safe and well and the prevention and appropriate management of injuries is a big part of this.

This policy is designed to ensure that skaters return safely to skating in order to prevent and reduce injuries.

## ***Objectives***

### **Why does this policy exist?**

Roller derby is a full contact sport and Skate Victoria recognises that injuries can occur while training and/or playing roller derby.

These injuries range from minor muscular related injuries including sprains and strains to fractures and more serious injuries (such as head and spinal injuries) and on some very rare occasions, death.

Injuries sustained in roller sports are mostly ankle and knee related and can, on average, cause a skater to be absent for six to twelve weeks. An injury not only impacts the skater personally, but also the club and the sport more broadly.

## ***Application***

### **Who does this policy apply to?**

This policy applies to all Skate Victoria roller derby affiliates and their members including skaters returning to play after an injury and illness listed under Medical Clearance.

This policy will be used by Skate Victoria on behalf of their insurance provider.

Each club is responsible for maintaining and managing the policy within their day to day activities.

Failure to comply with this policy may result in the inability to continue insurance coverage.

## ***Obligations of Skaters and Clubs***

Skate Victoria expects all clubs to act ethically and make decisions based on protecting the health and wellbeing of their members.

It remains the responsibility of the coaches and Club officials to monitor each training session to ensure safety of all participants. This policy does not preclude the right and ability of coaches to remove skaters from a session to ensure the session remains safe. For example, a removal of a skater due to illness; mental health; attitude; behaviour does not then make that skater subject to return as per this policy.

Skaters who have submitted a claim under the Skate Victoria Insurance Program will be required to provide clearance on the prescribed SV Medical Clearance Form (Appendix A) to SV office before returning to league training/competition.

Please refer to page 4 of policy for conditions that require Medical Clearance for members.

It is the responsibility of the RTS member to declare that they are medically and physically fit and able to participate in any Skate Victoria authorised or recognised activity of their choosing including competitions. If a member chooses not to disclose a condition listed in the policy and provide a medical clearance to the club their insurance could be voided.

## Medical Clearance

If it is for injury or other medical reasons then a medical clearance is the first step in the skater returning to skate; however, it is important the Club has a process in place to assess, integrate and monitor the skater/s back into training.

It is expected that a common sense approach is applied by clubs when requesting a medical clearance. Many conditions can be exacerbated (made worse) by physical activity and cause the skater/further illness or discomfort. Some medical conditions can also be contagious and pose a risk to other skaters, coaching staff and officials. Skater welfare is the number one priority of Skate Victoria's Return to Skate Policy. The reason for medical clearances is not all about liability. It is ensuring that players seek medical attention for conditions that may cause them further serious health problems in the long term.

Conditions where a medical clearance is required to return to Club training/competition

- Any form of cardiac (heart condition)
- Hypertension (history of high blood pressure)
- Broken bones of any sort
- Significant soft tissue injuries (where a skater has not recovered to a skating capacity one week post injury)
- Any form of concussion
- Any form of unconsciousness, no matter how brief
- Any form of potential cervical (neck) injury
- Repeated episodes of illness of already diagnosed medical conditions such as Asthma, diabetes and epilepsy where medication is not effective during skating activity.
- Any injury involving the eye itself
- Any player recovering from a significant illness, such as:
  - Chicken Pox
  - Measles
  - Whooping cough
  - Glandular fever
  - Swine flu (H1/N1)
  - Pneumonia
  - Any form of influenza where it has caused the skater to miss games and training for more than one week.
  - Pregnancy: Clubs should ensure a skater/s who is returning from a pregnancy has been given written medical clearance to do so, especially if they have had a difficult pregnancy or surgery. From the Club coaches' perspective, they also need to be aware it could take up to six months for joint stability to be re-established, so potential modified training may be needed.

**Written medical clearance is to be provided by a register medical doctor, or the allied health professional who diagnosed the injury, using form attached in Appendix A.**

**In the case of soft tissue injuries, the following Allied Health Professionals Physiotherapist, Osteopath & Chiropractor can also provide a written medical clearance.**

In the case of head injuries and concussion - the Skate Victoria concussion management policy MUST be followed. Please see [Skate Victoria](#) website for all details.

Sports Medicine Australia has produced an injury fact sheet series which highlight prevention and management of the most common injuries within our sport. Please note that all injuries should be discussed with allied medical professional along with appropriate coaches and trainers. As with all sports any injury requires a rehabilitation process. Please see helpful links from [Sports Medicine Australia](#) for injury advice.

Conditions where a medical clearance is required to return to club training/competition.

Written Medical Clearance to be provided by a Registered Medical Doctor or the allied health professional who diagnosed the injury.

In the case of soft tissue injuries, the following Allied Health Professionals can also provide a written medical clearance: Physiotherapist, Osteopath and Chiropractor.

A copy of clearance to be forwarded to the Skate Victoria office.

Legal Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Reason for absence from skating: \_\_\_\_\_

Has a Skate Victoria Claim been Lodged? ☐ Yes ☐ No If Yes, date claim was lodged: \_\_\_\_/\_\_\_\_/\_\_\_\_

The purpose of this form is to have a skater medically cleared to return to skating activity following an injury or condition that previously prevented participation in training and competition.

### Information for Registered Medical Doctor and Allied Health Professionals

Roller Derby is a full-contact sport. Please be advised if you have any questions regarding this sport, contact Skate Victoria on 03 5182 6816 or 0466 046 158.

A club member in the above professions cannot sign off on a medical clearance.

\_\_\_\_\_ is medically cleared to return to skating under the following conditions:  
(insert legal name)

Please tick box below:

- ☐ Skating with **NO** Contact - where the skater participates in activities that do not involve physical contact or interference from another skater/person, however does involve skater under their own power at varied levels of intensity and the skater may be subject to in a fall.
- ☐ Skating with **LIGHT** contact - where the skater participates in a session involving light, pre-arranged contact with various forms. Skaters will participate at varied intensities and the skater may be subject to impact caused by falling.
- ☐ skating **FULL** contact - where the skater is participating in a session where all contact according to the WFTDA rules permitted and the skater.

Special Instructions: \_\_\_\_\_

Medical Practitioner's/Allied Health Professional's Full Name: \_\_\_\_\_

Phone number: \_\_\_\_\_ Are you primarily a: ☐ GP ☐ Specialist ☐ Surgeon (please select one)

Medical Practitioner's/Allied Health Professional's signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

This form is to be returned to Skate Victoria before resuming skating with your club.

### Skate Victoria Office

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## ***Document Revision History***

January 2016	Policy Updated	Created
February 2016	Created two separate documents for RTS Policy and RTS	Updated
April 2021	Policy	Updated
October 2023	Cover, Contents Page and Page Numbers	Updated

**SKATE**  
***VICTORIA***  
***INC***