



CDNA Representative Return to Play Policy

Reviewed: Dec 2020

The objectives for this Policy are to ensure that we maintain a transparent process for a player's return to playing status after an injury or extended break.

1. Players Returning from Injury

- a. The CDNA is committed to the full rehabilitation of injured players prior to returning to training and competitive play
- b. Players returning from 1-4 weeks of injury time will return directly to the team they were selected in on the presentation of a medical certificate authorising return to training and play.
- c. Players returning from a two-week period or more must participate in a full training session before re-joining a team.
- d. All players returning from long term injury (5 weeks or more) must provide appropriate medical clearance before they are permitted to participate in any training or games for CDNA.
- e. Players returning from 5 or more weeks of injury time will be assessed for fitness and readiness for return to competitive play in the team they were originally selected. The CDNA Head Representative Coach may, at their discretion, and in consultation with the relevant coaches, place the player in another team until they and the coach are both satisfied that they can fully resume their place in that team.
- f. Players and parents are required to keep coaches and the CDNA Head Representative Coach up to date with progress of injuries.
- g. Injured players are required, wherever possible, to be at training every week.

2. Players Returning from Extended Absence

- a. CDNA recognises that certain personal and schooling activities may interrupt a player's ability to commit to every game during the season.
- b. Players returning from 1-4 weeks away will return directly to the team they were selected in.
- c. Players returning from a two-week period or more may be required to participate in a full training session before re-joining a team.
- d. In the case of a player being absent for 5 or more weeks, the player will be assessed whether a place is available for them to return to the team. Often for extended periods, a team is required to elevate another player to replace the other. While it should be the objective to return the player to their original team, the CDNA Head Representative Coach will, at their discretion and in consultation with the relevant coach(es), place the returning player in a team commensurate with their skill level and keeping in line with both the CDNA and Waverley Netball centre by-laws.