



BAYSIDE & DISTRICT
NETBALL ASSOCIATION INC.

6.6 BDNA Representative Teams – Return to Play Policy

Return to Play

The objective of this Policy is to ensure that we maintain a transparent process for player return to playing status after an injury or extended break.

BDNA is committed to the full rehabilitation of injured players prior to returning to training and competitive play. BDNA requests a high level of communication from the player/parent to allow the program and its coaches to provide an adequate level of support and expectation of player returning to the court.

Players Returning from Injury

- Players returning from a two-week period or more of not playing or training due to injury or illness must participate in a full training session before playing a full game.
- Players returning from 1-4 weeks of injury time must provide a medical certificate or letter from their physio authorising return to training and play, explaining any short term limitations and directions for coaches to follow if applicable.
- Players returning from 5 or more weeks of injury time will be assessed for fitness and readiness for return to competitive play.
- If that player has yet to play 3 games in their selected team, the Executive of the BDNA Representative Sub-committee may at their discretion suggest the player return in a lower team until the coach and Rep Executive are both satisfied that the player can fully resume their place in that team.

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Players Asked to Play up while Another player is on extended absence due to injury or other Reason



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Extended absence due to injury, illness and/or absences for a school camp or other activity may result in a team requiring a player to temporarily move to another team. This will be managed openly and with transparency with this fill in player and a parent/guardian, so that it is clearly understood whether this move is permanent or temporary, knowing that once a player has played three games in a higher division they are unable to play a 4th game unless the intention is to move into that higher team permanently.



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Players Returning from Extended Absence

BDNA recognizes that certain personal and schooling activities may interrupt a player's ability to commit to every game during the season.

- a. Players returning from a two-week period or more may be required to participate in a full training session before re-joining their team.
- b. Players returning from 1-4 weeks away will return directly to the team they were selected in.
- c. If that player has yet to play 3 games in their selected team, the Executive of the BDNA Representative Sub-committee may at their discretion suggest the player return in a lower team until the coach and Rep Executive are both satisfied that the player can fully resume their place in that team.

Responsibility matrix

Activity	Team Coach	BDNA Board
Player movement during season	Influences	√
Player return from injury or absence during season	Influences	√

√ = The person/group responsible for this task.