INFO-NETS

NETBALL VICTORIA’S INFORMATION SHEETS & RESOURCES

RISK MANAGEMENT INFONET: RM14
INJURY REPORTING FORM
Last updated: May 2005

INJURY REPORTING

Sporting Associations and clubs play a crucial role in the prevention of sports injuries and it is important that they provide participants with a safe environment. Sports injuries are not an inevitable part of participation and many injuries can be prevented or controlled by a variety of injury prevention strategies. Preventive efforts can reduce the incidence and severity of injuries, improve health and performance and reduce health care costs to both individuals and society.

It is important that Associations and Clubs record any injury sustained during training or competition. Information should include:

- the name of the injured person
- the date and time of injury
- the date and time of treatment
- name of the person giving treatment
- brief summary of treatment
- brief note on cause of injury

The form attached is a sample Injury Reporting Form that can be altered to suit the needs of your Association/Club.

‘A sports injury refers to all types of damage to the body that occurs as a result of competing, training and/or participating in physical activity which is largely within the sports arena.’ National Sport Safety Framework, ASC 1997.

Associations/Clubs have a duty of care to respond appropriately in the case of an injury/illness/emergency to mitigate the risk of loss, damage or liability, however this does not imply Association/Club personnel need to be experts. All injuries should be referred to a medical expert for diagnosis and treatment.

An Injury Reporting Form allows for many factors to be recorded (including environmental, court conditions, etc) and will enable your Association/Club to adequately record and begin to identify possible causes of injuries. Associations and Clubs will then be well equipped to develop and implement injury prevention strategies to decrease the number and severity of injuries occurring.

INSURANCE CLAIM FORMS

Please note that Injury Reporting Forms are for recording the incidence of injury. To make a claim in relation to an injury sustained whilst participating in an affiliated Association you need to complete an Injury Claim Form.
NETBALL INJURY REPORTING FORM

**Name:** __________________________________________

**Circle appropriate response:** Player / Umpire / Administrator / Coach / Spectator

**Team:** __________________________

**Grade:** ________

**DOB:** __/__/__

**Gender:** M □ F □

**Association at which injury occurred:**

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**Date of Injury** __/__/__

**Type of activity at time of injury**
- training/practice
- competition
- other __________________________

**Reason for Presentation**
- new injury
- exacerbated/aggravated injury
- recurrent injury
- illness
- other __________________________

**Body Region Injured**
Tick or circle body part/s injured & name

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**Nature of Injury/Illness**
- abrasion/graze
- sprain eg ligament tear
- strain eg muscle tear
- open wound/laceration/cut
- bruise/contusion
- inflammation/swelling
- fracture (including suspected)
- dislocation/subluxation
- overuse injury to muscle or tendon
- blisters
- concussion
- cardiac problem
- respiratory problem
- loss of consciousness
- unspecified medical condition
- other __________________________

**Provisional diagnosis/es**

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**CAUSE OF INJURY**

**Mechanism of Injury**
- struck by other player
- struck by ball or object
- collision with other player/referee
- collision with fixed object

**Explain exactly how the incident occurred**

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**Advice Given**
- immediate return unrestricted activity
- able to return with restriction
- unable to return at present time

**Referral**
- no referral
- medical practitioner
- physiotherapist
- chiropractor or other professional
- ambulance transport
- hospital
- other __________________________

**Provisional severity assessment**
- mild (1-7 days modified activity)
- moderate (8-21 days modified activity)
- severe (>21 days modified or lost)

**Treating person**
- medical practitioner
- physiotherapist
- nurse
- sports trainer
- other __________________________

**Signature of treating person**

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**Were there any contributing factors**

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**Today’s Date:** __/__/__
INJURY REPORT FORM TO BE RETAINED BY ASSOCIATION/CLUB

<table>
<thead>
<tr>
<th>Body part/s</th>
<th>fall/stumble on same level</th>
<th>jumping to shoot or defend</th>
<th>fall from height/awkward landing</th>
<th>overexertion (eg tear muscle)</th>
<th>overuse</th>
<th>slip/trip</th>
<th>temperature related eg heat stress</th>
<th>other</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

- to the incident, unsuitable footwear, playing surface, equipment, rough play?

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<table>
<thead>
<tr>
<th></th>
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</table>

<table>
<thead>
<tr>
<th>Protective Equipment</th>
<th>Was protective equipment worn on the injured body part?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>□ yes</td>
</tr>
<tr>
<td></td>
<td>□ no</td>
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<thead>
<tr>
<th>If yes, what type eg ankle brace, taping.</th>
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<tr>
<th>Initial Treatment</th>
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<tbody>
<tr>
<td>□ none given (not required)</td>
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<tr>
<td>□ RICER</td>
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<tr>
<td>□ sling, splint</td>
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<tr>
<td>□ massage</td>
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<tr>
<td>□ dressing</td>
</tr>
<tr>
<td>□ crutches</td>
</tr>
<tr>
<td>□ manual therapy</td>
</tr>
<tr>
<td>□ stretch/exercises</td>
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<tr>
<td>□ CPR</td>
</tr>
<tr>
<td>□ strapping/taping only</td>
</tr>
<tr>
<td>□ none given - referred elsewhere</td>
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<tr>
<td>□ other</td>
</tr>
</tbody>
</table>

- other __________________________