



Policy & Procedure: SDNA Representative Player Return to Play Policy

Issued: December 2019

1. Policy Objectives

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

2. Players Returning from Injury

- a. SDNA 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 rejoining their team.
- d. 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 Executive of the SDNA Representative Sub-committee may at their discretion place the player in another team until the coach and SDNA Rep Executive are both satisfied that they can fully resume their place in that team.

3. Players Returning from Extended Absence

- a. SDNA 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 their 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 Executive of the SDNA Representative Sub-committee will at their discretion, in consultation with the relevant coach(es), place the returning player in a team commensurate with their skill level and rules of the competition.



4. Responsibility matrix

Activity	Team Coach	SDNA Representative Sub Committee Executive *
Player movement during season	Influences	√
Player return from injury or absence during season	Influences	√

√ = The person/group responsible for this task.

* = This Rep Sub Committee Executive is a smaller group of the Sub Committee, which includes the SDNA Head Coach, the player Wellbeing Officer, the Rep Sub Committee Chair, and the Coach Rep.