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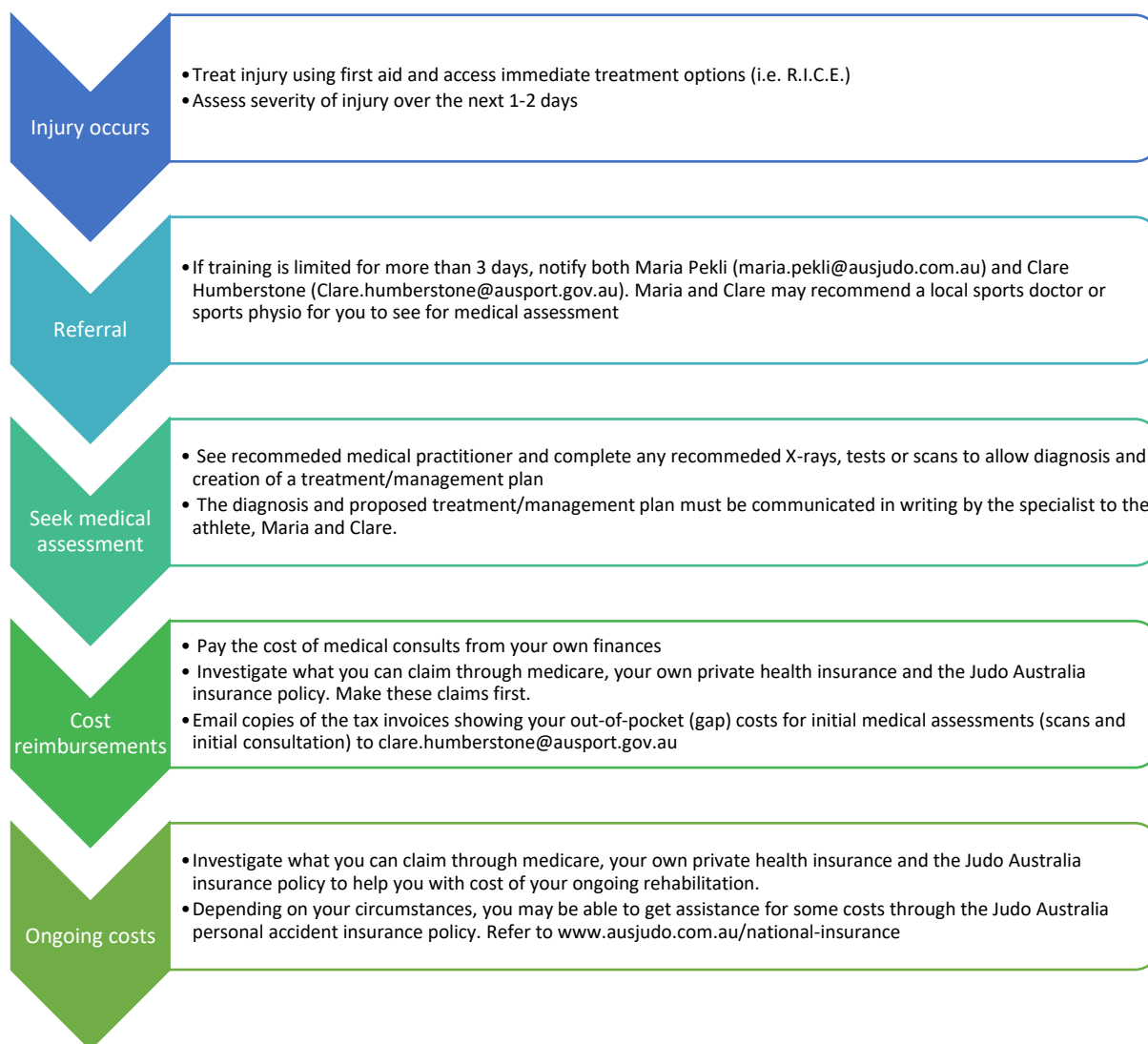
Injury management policy for Judo Australia categorised athletes

Background

In a combat sport like judo, injury is an inherent risk. In order to return to peak performance following injury, it is imperative that athletes seek accurate diagnosis and a high quality injury management plan as quickly as possible. This allows the athlete to reduce the number of training days lost to injury and improves the chances of a quick rehabilitation to peak performance.

Funding available for initial medical assessment

The AIS Combat Centre has committed to providing financial support for any **JA podium pathway categorised athlete** that sustains an injury to have it medically assessed in a timely fashion. This funding covers the initial consult and diagnostic scan/X-ray only. In order to be eligible for this funding, athletes must follow this process:





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Financial provision

If an athlete wishes to claim reimbursement of costs for initial injury assessment as per this policy, athletes must submit a tax invoice (receipt) to Clare Humberstone, which details the cost of treatment that the athlete had to pay, after reimbursements from medicare, private health insurance and JA insurance. i.e. JA will only reimburse the 'gap' payment that was made by the athlete. The documentation provided should include a tax invoice for the 'gap' payment, or a tax invoice for the full payment with evidence of medicare/private health/JA insurance reimbursements (i.e. screenshot of bank statements or statement).

The ongoing costs of injury rehabilitation treatment are the responsibility of the athlete themselves. Accordingly, it is highly recommended that all JA categorised athletes purchase their own private health insurance to offset the ongoing costs and improve speed of treatment. In exceptional circumstances, the AIS Combat Centre may offer some limited funding to support ongoing costs of an athlete's rehabilitation. This will be decided on a case-by-case basis and should not be expected or relied upon. Depending on the circumstances of the injury, athletes may be able to get assistance for some costs through the Judo Australia personal accident insurance policy. Refer to www.ausjudo.com.au/national-insurance

Communication and reporting

Categorised athletes are responsible for ensuring the treating specialist (i.e. physiotherapist and/or doctor) completes a written update about the athlete's rehabilitation progression at least once per month. The athlete must submit this directly to the JA and AIS Combat Centre, monthly, from the start of treatment through to the return to competition. A form will be provided for this purpose.

Eligibility for Injury Clause

As of the December 2018 Athlete Categorisation process, any athlete seeking exemption on the basis of the injury clause will only be considered if the injury assessment and management detailed in this policy has been suitably undertaken (i.e. prompt notification of injury, seeing recommended provider for injury assessment and submission of monthly updates). An athlete must have demonstrated commitment to the recommended treatment/management plan, albeit JA recognises that the personal costs of ongoing treatment may be of a concern.

Eligible Persons bound by this policy

Any JA podium pathway categorised athlete