

# **Hockey NSW Women's Masters Fitness and Injury Policy**

## **1. Fitness Program**

1.1 All players and shadow players selected in a NSW Women's Masters Team are required to follow the fitness program set by their coach.

1.2 All players and shadow players selected in a NSW Women's Masters Team are required to keep a fitness diary which is to be provided to their coach and manager by the due dates.

1.3 All players and shadow players selected in a NSW Women's Masters Team are required to provide suitable video evidence of relevant fitness drills/tests to their coach and manager by the due dates.

1.4 Should a player or shadow player not adhere to the fitness requirements, their position in the team may be reviewed by the coach and Women's Masters Committee.

## **2. Injury management and reporting**

2.1 All players and shadow players must advise their coach and manager of any injuries as soon as they occur.

2.2 The coach, in consultation with the Head Physiotherapist for the NSW Contingent, will advise an alternate fitness program according to the injury.

2.3 Injured players and shadow players must communicate regularly with the coach and manager in regards to their recovery including any reports from their physiotherapist.

2.4 Should a coach or manager have concerns regarding the recovery of a player, they may request further advice from the Head Physiotherapist which may include a different fitness test.

2.5 The Head Physiotherapist may request video evidence from the player or shadow player on a relevant fitness test in consultation with the appointed coach.

2.6 Should a player or shadow player not be recovering from their injury in a satisfactory timeframe as advised by the Head Physiotherapist, the Hockey NSW Women's Masters Committee, in consultation with the coach and Head Physiotherapist, may remove the player from the Contingent one month prior to the commencement of the Nationals Championships.