


# PHYSIOTHERAPY / MEDICAL FIRST AID


## CORONAVIRUS PROCEDURES

Sports Physiotherapists and trainers play a pivotal role in the health and safety of participants in all levels of sport, particularly at a community level.

Manly Warringah Netball Association have Accredited Physiotherapists/ Sports Trainers and COVID-19 safety officers which are the highest trained individuals available to attend to onsite athlete health and wellbeing.

Our Physiotherapists/ Sports Trainers are in close contact with all athletes and spectators especially when assessing or attending to injuries hence the vulnerability of both them and the athlete so this detailed procedures document has been implemented

	Details	Actions
Preventative Strapping	<ul style="list-style-type: none"> <li>On arrival to the physio/medical room please be aware this wait could exceed the usual waiting time so only visit if it is a real necessity.</li> <li>No consultations of pre-existing injuries</li> <li>Tape is available for purchase via a cashless system</li> </ul>	<ul style="list-style-type: none"> <li>Physiotherapists will <b>collect athlete details</b> prior to entering the room</li> <li>You will be <b>temperature tested</b> at the door</li> <li>One door to enter and exit</li> <li>Athletes will <b>hand sanitise</b> on arrival</li> <li>Adhere to <b>safe distancing</b> at all times in the line or in the room</li> </ul>
Injury Assessments / Treatments 	<ul style="list-style-type: none"> <li>An injured athlete is permitted to leapfrog the physio waiting line</li> <li>An injured athlete must present to the front of the line for triaging by the physiotherapists</li> <li>Limited to essential individuals only: No other support persons or family permitted in the room during this process unless instructed to enter</li> <li>Physiotherapist will attend to a court call if required but request safe distancing be enforced by all whilst assessment is in place</li> <li>To protect our physiotherapists if you are injured and are excessively sweaty please minimise your body sweat prior to physio contact</li> </ul>	<ul style="list-style-type: none"> <li>Physiotherapists will <b>collect athlete details</b> prior to entering the room</li> <li>You will be <b>temperature tested</b> at the door</li> <li>Athletes will <b>hand sanitise</b> on arrival</li> <li><b>First aid</b> will be administered as needed following good hygiene and infection control protocols according to established guidelines</li> <li><b>Ice</b> will be placed into individual single use bags by gloved physiotherapists</li> <li><b>Crutches and wheelchair use</b> is available and will be cleaned before and after its use, however no crutches will be able to be lent out</li> </ul>

<p>General First aid and other</p> 	<ul style="list-style-type: none"> <li>• Any request for a first aid item (that does not need assessment) must be handled by the physiotherapists</li> <li>• May leapfrog the physiotherapist line if only needing items and not an assessment/help, but must maintain safe distancing</li> </ul>	<ul style="list-style-type: none"> <li>• Athletes/personal needing first aid items (that does not need assessment) will <b>hand sanitise</b> on arrival and will not be permitted to enter the room, a physiotherapist will come out to hand over such items</li> <li>• Athletes/personnel needing first aid a physiotherapists will <b>collect athlete details</b> prior to entering the room</li> <li>• You will be <b>temperature tested</b> at the door</li> <li>• Athletes will <b>hand sanitise</b> on arrival</li> <li>• <b>First aid</b> will be administered as needed following good hygiene and infection control protocols</li> </ul>
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### What we are doing:

- We expect the “Get in, train/play and get out” philosophy
- We have the COVIDSafe app
- Physiotherapists will clean (physio treatment beds or equipment) after each athlete with appropriate cleaning grade products.
- Physiotherapists will regularly clean door frames, physio bench, cupboards/handles, ice machine, payment device, stationary used and sink area with appropriate cleaning grade products
- Physiotherapists will monitor hand sanitising and hand washing station has ample supply
- Physiotherapists will wear face masks and gloves where needed
- Physiotherapy supplies will be cashless
- All linen is removed and no towels are permitted
- All ice bags will be individually packed and no other personal other than the physiotherapists are to hand out ice.
- One treatment/strapping bed and one waiting triage bed in the room: One athlete in room being treated/strapped at one time. If an injury occurs and needs to be placed on a bed, the second bed will be used for the short interim period whilst the injury is being attended to and the athlete being strapped will be asked to move back outside.
- Physiotherapists will be appropriately collecting all athlete data, contact information and treatment notes.
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### We expect you are doing:

- All athletes/spectators are honest with their health and inform immediately if they feel any symptoms
- All athletes/spectators do not attend if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.

- All athletes/spectators do not attend if in the last 14 days you have been unwell or had close contact with a known or suspected case of COVID-19 or been in Melbourne.
- All athletes and spectators adhere to the safe distancing when a physiotherapist is attending an incident
- All athletes/spectators have the COVIDSafe app
- All athletes/spectators follow and maintain the safe distancing whilst waiting for the physiotherapy service
- All athletes respect the limited access to the indoor space

If a sign is detected by one of our physiotherapists, the Covid safety officer will be notified immediately and you will be asked to speak with them directly.