



EWF injury policy

1. Purpose

To provide clear and supportive guidelines for managing player injuries and ensuring a safe return to EWF activities after illness or injury.

2. Injury Protocol

2.1 Injury outside of EWF activities

Players must contact the manager and/or assistant manager at their earliest convenience with details of the injury including:

- Details of any medical guidance received
- Expected timeframe for returning to training
- Notify the manager and/or assistant manager if this is likely to be delayed or if the player will be unable to return

It is a player's responsibility to seek medical advice before returning to any football activities with EWF.

2.2 On-Field Injury Response

- Record the incident on the player injury spreadsheet including:
 - Date/time
 - Player's name
 - Description of injury
 - Action taken
 - Witnesses (if applicable)

2.3 Post-Injury Follow-Up

- Encourage the player to seek appropriate medical advice.
- For significant injuries (e.g. muscular tears, joint issues), players should not return without GP or physiotherapist approval. This is the players' responsibility to seek this approval and if advice is not followed, and players return to EWF activities, they do so at their own risk.
- The manager and/or assistant manager will check in with injured players and offer support from Welfare Officer if required.

3. Return to Training Protocol

3.1 Minor Injuries

- Players can return at their own pace but are encouraged to start with light involvement (e.g. warm-ups, non-contact drills).
- Monitor for any signs of re-injury.

3.2 Significant Injury or Illness

A gradual return is advised; this will depend on how much physical activity has already been undertaken since being advised to return by a medical professional (due to EWF players training monthly).

If a player is experiencing complications when they return to training, they must notify the coach immediately.

3.3 Mental Health or Long-Term Conditions

- Respect confidentiality. Welfare Officer to offer optional buddy systems and to advise of local support services if needed.
- Manager and assistant manager to consider lower intensity training options if required.

4. Communication and Support

- The manager and/or assistant manager will be the main point of contact for injury updates and return-to-play discussions.
- The manager and/or assistant manager will encourage open, non-judgmental conversations about health and wellbeing, recommending speaking to the Welfare Officer if required.
- Players are encourage to “listen to their body” – participation is always optional.

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