

POLICY

First Aid and Strapping Provided By Sports Trainers

2026



This Policy was adopted by the IDNA Board on 25 February 2026

ILLAWARRA DISTRICT NETBALL ASSOCIATION

FIRST AID AND STRAPPING BY SPORTS TRAINERS

1 GENERAL

Netball Illawarra, as part of its obligations regarding the outdoor competition, provides suitable basic first aid for the safety and well-being of those participating in the Winter competition, be it for players, coaches, umpires, or spectators.

To fulfil this obligation, the Board obtains the services of one, or more, qualified first aid personnel to provide basic first aid for the treatment of minor injuries. Additionally, they are able to recognise more complex injuries, carrying out rudimentary treatment of such injuries and keeping the player stable (where possible) until an ambulance arrives to treat the person.

Presently, the Board obtains the services of qualified sports trainers. These people have the necessary First Aid qualifications and also have knowledge of, and the ability to undertake, strapping for preventative purposes.

This strapping service may be available from the sports trainers at certain times during the day.

This document details how this will work.

2 POLICY REVIEW

This policy is to be reviewed not less than once every two years and before the start of a Winter Competition.

3 RESPONSIBILITIES OF SPORTS TRAINER

The services of the sports trainers are obtained through BAIMED. The agreement is to have first aid available from 8.00am through to the end of competition.

The Sports Trainers are required to sign in in the attendance book in the Duty Room on arrival and to sign out when leaving the grounds.

The Sports Trainers will be provided with a Hi-Vis Vest. They are required to always wear the vest to identify them as being the First Aid personnel at the grounds provided by the Board.

The Sports Trainers will provide all items necessary for the treatment of INJURIES at the grounds.

Netball Illawarra will provide any ice that is required by the Sports Trainer for the treatment of injuries.

4 LOCATION OF FIRST AID FACILITIES

First Aid will be located under the awning of the Val Curran Centre, near the Duty Room.

The Board will provide a massage table as well as provide 2 chairs for the purposes of First Aid.

5 PRIMARY ROLE – FIRST AID

The primary function of the Sports Trainers is to provide First Aid. They are there to treat everything from sore fingers and scratches to broken bones. They are not there to provide Pain Relief medicines such as Panadol or Nurofen, nor are they there to provide Ventolin.

Most injuries will be of a minor nature and as such should be treated at the first aid area. This way if there are several injuries around the same time they can be treated together.

If there is an injury where it is not possible for the person to get first aid without causing distress, the First Aid Officer should be requested to attend the relevant court to assess and provide first aid.

6 SECONDARY ROLE- STRAPPING

As a secondary function, the Sports Trainers may provide a service of strapping for the preventative strapping of ankles, knees, wrists etc. The provision of this service is entirely up to the Sports Trainer, not Netball Illawarra.

The availability of this strapping service depends on the need for the Sports Trainer to deal with injuries, either at the first aid area or at the courts.

This service should not be used to replace the strapping that would be carried out by a physiotherapist for the support of a specific weakness of a joint or muscles. It is always preferred that a player's own physiotherapist carry out strapping to assist a player to return to netball and to assist with the rehabilitation of an injury.

The process under which the provision of Strapping is made will occur as follows:

- (a) When they arrive, the Sports Trainer will either agree, or not agree to providing a Strapping Service on that day
- (b) Players shall provide their own strapping tape to be used.
- (c) Strapping tape will be available for purchase from the IDNA Canteen at a cost of \$10 per roll.
- (d) K Tape will be available for purchase from the IDNA Canteen.
- (e) The preventative strapping service will be provided at a cost – cash only.
- (f) Tickets will be issued in numerical order and strapping will be carried out in that order. If a person is not present when their number is called, they will miss out on being strapped.
- (g) The suitability of the service provided will depend upon the information provided by the player.

- (h) For this service, players will be required to purchase a ticket from the Duty Room which must be presented to the Sports Trainer to identify the purchase of the strapping service.
- (i) One person per ticket.
- (j) The use of such tickets is time sensitive. i.e. Tickets must be purchased when the strapping is required to be done.
- (k) There will be a limited number of tickets available at any one time.
- (l) If the sports trainer is required to fulfil their first aid obligations, then this takes precedence over any strapping that has been purchased.
- (m) The sports trainer is to return the tickets to the Duty Room at the end of the day.
- (n) Should a player be unable to be strapped due to the First Aid person being required to attend to an injury, they will be entitled to receive a refund for the strapping fee. This refund is not available where a player is not present when their number is called.

Players are reminded that this service is provided as an all care, no responsibility for the suitability of the strapping and techniques used as it is totally dependent upon the information provided to the sports trainer regarding what is required and why it is required.