

# Sports Science Sports Medicine Policy

POLICY No: 5017

UPDATED: December 2016



**The purpose of this document is to provide advice on the provision of Sports Science Sports Medicine Services to Swimmers at the SA State Championships.**

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## POLICY

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Sports Science and Sports Medicine Services will not be provided by SwimmingSA at any meet other than State Championships.

### **Massage / Physiotherapy**

Clubs and Institutes may provide massage/physiotherapy services for their swimmers during State Championship Events conducted by SwimmingSA.

Clubs must ensure service providers have the following:

- Appropriate working with children clearance
- Qualifications for the medical service they are providing

Clubs must register the name of their service provider prior to the Event.

Clubs will be allocated a sports science space on pool deck on a pro rata basis depending upon their number of swimmers entered. Spaces will be allocated on the following ratio:

- 100 or more swimmers entered: allocated 2 spaces
- 50-100 swimmers entered: allocated 1 space
- Less than 50 swimmers: athletes from these clubs may register to use the services provided by SwimmingSA. Clubs in this category will not be provided with a sports science space.

### **Lactate / Blood Testing**

Applications to undertake lactate testing must be made to SwimmingSA no less than four weeks prior to the commencement of the Event.

All lactate testing must be undertaken in the designated area by suitably qualified medical personnel who have a current working with children check. It is the provider and clubs responsibility to ensure all sharps are disposed of correctly.

Any entity undertaking lactate or blood testing with minors must obtain the written consent from the minor's parent or guardian.

### **Videography / Biomechanics**

Applications to undertake videography/Biomechanics testing must be made to SwimmingSA no less than four weeks prior to the commencement of the Event.

SwimmingSA will provide an allocated space in the grandstand for videography if requested by a club or institute. There will be no videography services provided on pool deck.

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All videography / biomechanical analysis must be undertaken in the designated area by suitably qualified personnel who have a current working with children check. It is the provider and clubs responsibility to ensure all footage is secured appropriately according to privacy standards.

## **Psychology**

Clubs and/or Institutes need to make their own arrangements for psychology services during a SwimmingSA Event if required.

Personnel engaged by clubs or individuals for the purposes of psychological assistance will not be allowed on pool deck and will not be accredited without prior application to SwimmingSA.

Meeting spaces for psychological assistance can be made available upon request to the Event Meet Director by a club.

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## **Adoption of Strategies**

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The Chief Executive Officer will develop an action plan to ensure the timely publication of this document.

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## **Central Measurement**

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To ensure people have adequate information a link will be made available on the Swimming SA website and regularly updated for association representatives.