

SKATE VICTORIA INC

Return to Skate Guidelines



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Position Statement

It is in the interest of all members to have a safe and consistent approach to the treatment and management of skaters returning to training/play after injury or illness. It is equally important that a skater's re-entry to skating is managed appropriately after an extended break from training/play. SV is providing the Guidelines as a resource not a mandatory compliance requirement for clubs to adopt.

Clubs may have their own Return to Skate Guidelines but are required to follow the Return to Skate Policy.

Objectives

Roller derby is a full contact sport and Skate Victoria recognises that injuries can occur while training and/or playing roller derby.

These injuries range from minor muscular related injuries including sprains and strains to fractures and more serious injuries (such as head and spinal injuries) and on some very rare occasions, death.

Injuries sustained in roller sports are mostly ankle and knee related and can, on average, cause a skater to be absent for six to twelve weeks. An injury not only impacts the skater personally, but also the club and the sport more broadly.

SV wishes to provide individuals and coaches with the necessary guidelines for skaters who are returning to skating (RTS), from injury and to do so in a safe, consistent way with the view to reducing injury across the sport.

This RTS Guidelines are designed for the safety of all skaters.

This guideline document is not designed to accelerate the progress of a skater through their club's assessment levels. i.e. a 'Fresh Meat' skater who returns will progress only to the 'Fresh Meat' level of contact and will not progress further until assessed. This RTS guideline is the minimum required standard and should a skater require further practice at a reduced level of contact this is to be monitored and enforced internally within the Club.

In the case of head injuries and concussion - the Skate Victoria concussion management policy MUST be followed. Please see [Skate Victoria](#) website for all details.

Sports Medicine Australia has produced an injury fact sheet series which highlight prevention and management of the most common injuries within our sport. Please note that all injuries should be discussed with allied medical professional along with appropriate coaches and trainers. As with all sports any injury requires a rehabilitation process. Please see helpful links from [Sports Medicine Australia](#) for injury advice.

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Injury

If an injury occurs to skater at training/scrimmage/competitive play, there may be a length of time that skater will be unable to train. Skater must be made aware that any length of time off skates will be recorded, within affiliate club's attendance policy.

If an injury occurs during training/scrimmage/competition the following procedure will be followed:

- Injury occurs
- Injury details entered into the Skate Victoria [Incident Report Form](#)
- Rehabilitation outside of roller derby advised from allied medical professional
- Medical clearance given from appropriate allied medical professional for skater to RTS - depending on the level of injury a level of medical clearance must be given to RTS

Time assessed off skates - Club to follow minimum RTS process as per recommendations.

Return to Play Guidelines

Off Skates from 21 to 30 days

In the case of an injury skater must provide appropriate medical clearance in writing to the Club PRIOR to their return from skating. (See Appendix A “Return to Skate Medical Clearance Form”)

Skater participates in a minimum ONE non-contact session and ONE light-contact session within THREE weeks. (These are the minimum number of sessions at that level of contact and should be extended at the discretion of the coaches/Club should the skaters’ individual circumstances require it).

Skater is then able to continue skating at the level of competence to which the Club assesses them capable to do so.

Off Skates from 31 to 60 days

In the case of an injury skater must provide appropriate medical clearance in writing to the Club PRIOR to their return from skating. (See Appendix A “Return to Play Medical Clearance Form”)

Skater participates in a minimum of TWO non-contact sessions and ONE light-contact session within THREE weeks. (These are the minimum number of sessions at that level of contact and should be extended at the discretion of the coaches/Club should the skaters’ individual circumstances require it).

Skater is then able to continue skating at the level of competence to which the Club assesses them capable to do so.

Off Skates from 61 to 90 days

In the case of an injury skater must provide appropriate medical clearance in writing to the Club PRIOR to their return from skating. (See Appendix A “Return to Skate Medical Clearance Form”)

Skater participates in a minimum TWO non-contact session and THREE light-contact sessions within FOUR weeks. (These are the minimum number of sessions at that level of contact and should be extended at the discretion of the coaches/Club should the skaters’ individual circumstances require it).

Skater is then able to continue skating at the level of competence to which the Club assesses them capable to do so.

Off Skaters for over 90 days

In the case of the lengthy absence being based by an injury, the skater must provide appropriate medical clearance in writing to the Club PRIOR to their return from skating. (See Appendix A “Return to Skate Medical Clearance Form”)

Skater participates in a minimum FOUR non-contact session and THREE light-contact sessions within FOUR weeks. These are the minimum number of sessions at that level of contact and should be extended at the discretion of the coaches/Club should the skaters’ individual circumstances require it.

Skater is then able to continue skating at the level of competence to which the Club assesses them capable to do so.

Conditions where a medical clearance is required to return to club training/competition.

Written Medical Clearance to be provided by a Registered Medical Doctor or the allied health professional who diagnosed the injury.

In the case of soft tissue injuries, the following Allied Health Professionals can also provide a written medical clearance: Physiotherapist, Osteopath and Chiropractor.

A copy of clearance to be forwarded to the Skate Victoria office.

Legal Name: _____ Date of Birth: ___/___/___

Reason for absence from skating: _____

Has a Skate Victoria Claim been Lodged? Yes No If Yes, date claim was lodged: ___/___/___

The purpose of this form is to have a skater medically cleared to return to skating activity following an injury or condition that previously prevented participation in training and competition.

Information for Registered Medical Doctor and Allied Health Professionals

Roller Derby is a full-contact sport. Please be advised if you have any questions regarding this sport, contact Skate Victoria on 03 5182 6816 or 0466 046 158.

A club member in the above professions cannot sign off on a medical clearance.

_____ is medically cleared to return to skating under the following conditions:
(insert legal name)

Please tick box below:

- Skating with **NO** Contact - *where the skater participates in activities that do not involve physical contact or interference from another skater/person, however does involve skater under their own power at varied levels of intensity and the skater may be subject to in a fall.*
- Skating with **LIGHT** contact - *where the skater participates in a session involving light, pre-arranged contact with various forms. Skaters will participate at varied intensities and the skater may be subject to impact caused by falling.*
- skating **FULL** contact - *where the skater is participating in a session where all contact according to the WFTDA rules permitted and the skater.*

Special Instructions: _____

Medical Practitioner's/Allied Health Professional's Full Name: _____

Phone number: _____ Are you primarily a: GP Specialist Surgeon *(please select one)*

Medical Practitioner's/Allied Health Professional's signature: _____ Date: ___/___/___

This form is to be returned to Skate Victoria before resuming skating with your club.

Skate Victoria Office

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Document Revision History

February 2017	Guidelines	Created
January 2018	SV Incident form link updated to 2018 form	Updated
April 2021	Appendix A	Updated

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