

Hampton Rovers Football Club

2026 Injury Reporting & Management Process

Contacts

Pursue Health Club Physiotherapist:

- Anthony Selby
- anthony@pursuehealth.com.au
- Pursue Health Highett – 1104 Nepean Hwy, Highett 3190

Insurance Contact:

- Dean Lovig
 - dean.lovig@outlook.com
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1. Injury Reporting

All injuries sustained by players must be reported to ensure appropriate management.

- **All injuries** sustained at training, games or outside the club, will be reported to **Anthony Selby** (physio), either directly through the player or indirectly through the trainer in charge.
- **Anthony** can be contacted by via messenger or the details above.
- **Injury assessment** will be arranged at the club or at Pursue Health, to determine management and training plan.
- **All injury updates** will be **communicated with coaching staff**.
- Return to play process involves the player, physio, S & C coach and team coach.

2. Game Day Injury Process

- **Physio or trainer** will assess and report any injuries sustained during matches.
- Initial advice and management will be provided on the day.
- Players suspected of serious injury (including concussion) will be **removed from play immediately**.



3. Post-Game Follow-Up

- On the **day following the match**, all injured players will be contacted by:
 - **Anthony Selby (Physiotherapist)**
- A **triage assessment** will be conducted to determine appropriate management.

4. Monday Injury Clinic

- Following triage injured players will be booked into the **Monday Injury Clinic at Pursue Health Highett**.
- Appointment cost:
 - **Private health insurance (with extras) swipe**, or
 - **\$30 out-of-pocket fee**
- During this session:
 - A full **injury assessment** will be completed
 - A **management plan** will be established
 - A **return-to-play timeline** will be outlined
- All relevant updates will be **communicated directly to coaches**.

5. Pursue Health Availability, Benefits and Referral Pathways

- A **Physiotherapist** is available at the club:
 - **Match days**
 - **Thursday night training sessions**
- Players receive **priority access** to the clinic to receive appointments.
- Players can **directly contact** Anthony Selby for any injury concerns or advice.
- **All** Hampton Rovers players receive a **15% sponsor discount** at Pursue Health.
- Pursue Health provides **direct referral access** to:
 - Radiology
 - Sports doctors
 - Orthopaedic surgeons

6. Private Health Insurance Coverage

- In cases requiring **hospital admission or surgery**, private health insurance allows **earlier access to specialist care**.
- Without private health:
 - Surgical procedures may cost **\$15,000+ out-of-pocket**, or
 - Public hospital wait times may exceed **6 months**.

Local Hospital Options

- **Holmesglen Private Hospital (Emergency Department)**
 - Current gap fee: **\$450**
- **Public Hospitals:**
 - Sandringham Hospital
 - Monash Medical Centre

7. VAFA Club Insurance (Gold Level Cover)

Registered players & officials are covered under VAFA Gold Level Personal Injury Policy.

Insurance Contacts – Dean Lovig & Anthony Selby

Key Coverage Details

- Covers injuries sustained during:
 - Matches (including practice/intra-club) & Training.
- Covers **90% of non-Medicare medical expenses** (e.g., physio, dental, ambulance)
- Maximum reimbursement: **\$3,500 per claim**
- Excess: **\$50 per claim**

Additional Benefits

- **Concussion-related costs** covered (non-Medicare)
- **Player Assistance Program (PAP):** 3 free confidential counselling sessions.

NOT COVERED

- **Loss of income**
- **Surgical costs**
- Players are encouraged to consider **personal income protection insurance**.

Claims & Information

- VAFA Insurance: <https://www.vafa.com.au/club-info/insurance/>

8. VAFA Concussion Protocol (2026)

Minimum 21-Day Stand-Down

- Any player diagnosed with concussion must not return to match play for a **minimum of 21 days**.
- Return to play is **only permitted** once **cleared by medical staff after 21 days**.

Return-to-Play Requirements

Players must complete all of the following:

- **Symptom-Free Progression:**
 - Completion of a graded return-to-play program guided by the club physiotherapist
- **Medical Clearance:**
 - Written clearance from a registered medical practitioner
- **System Clearance:**
 - Clearance must be registered via **PlayHQ** before eligibility is restored

Immediate Management (Training & Match Day)

- **Under no circumstance** will a player be allowed to train or play if a concussion is suspected.
- The Player will be immediately removed from play once a concussion is suspected or to be tested.
- Assessment using:
 - HeadCheck App
 - Concussion Recognition Tool 6 (CRT6)

PlayHQ Management

- All suspected concussions must be entered into **PlayHQ**
- Players are automatically made **ineligible for selection** until clearance is completed.