



METRO JETS NETBALL CLUB

RETURN TO COURT POLICY

Purpose

The purpose of this policy is to ensure the health, safety, and wellbeing of all Metro Jets players by providing clear guidance for returning to training and competition following injury, illness, or where a medical condition requires ongoing management. The policy aims to minimise the risk of re-injury or medical complications and to support a safe, consistent, and inclusive approach across the club.

Policy Statement

Metro Jets is committed to providing a safe sporting environment. Participation in training and competition must only occur when players are medically fit to do so. The club balances individual wellbeing with collective safety and will take a cautious and evidence-informed approach to return-to-play decisions.

Metro Jets reserves the right to request medical clearance from an appropriate health professional at any time where there are concerns regarding a player's fitness to safely participate.

Returning to Training / Competition Following Injury

To minimise the risk of re-injury, the following applies:

- > Players returning from a professionally diagnosed injury are expected to provide written clearance (e.g. medical certificate or letter from a treating professional such as a physiotherapist) confirming they are fit to resume training and competition.
- > A graduated return to activity is encouraged, with players ideally completing at least one full training session prior to participating in competitive play and/or having a clinical management plan for increased court time.
- > Ongoing communication from the player, and/or parent/guardian for under 18, to the coach regarding recovery progress is essential.

Returning to Training / Competition Following Illness

- > Players with a contagious illness must not attend training or games until they are no longer infectious and have clinically recovered.
- > For viral gastroenteritis, players should not return until at least 24–48 hours after symptoms have resolved, in line with SA Health guidance.
- > For respiratory illnesses (e.g. COVID-19, influenza, RSV), players should be fever-free, and symptoms resolved before returning to sport (typically around five days from symptom onset). A negative test is not required, as individuals may remain test-positive beyond their infectious period.

Players with Medical Conditions

For players with known medical conditions requiring ongoing clinical management (e.g. eating disorders, cardiac conditions, or other high-risk health issues), the following applies:

- > Management should align with relevant Netball SA / Netball Australia guidelines (Appendix 1) and any applicable health authority advice.



- > Players, and/or parents/guardians for players under 18 years of age, are responsible for providing the club with up-to-date medical information and, where applicable, a documented clinical management plan.
- > The club should have clarity on any participation restrictions, triggers for escalation, and recommended responses.
- > It is expected that a parent/guardian or appropriate carer is present at training and games where there is a risk of acute deterioration, to support management of the condition if required.

Escalation and Support

Any uncertainty regarding a player's readiness to return to training or competition should be escalated to club leadership (President, Vice President, or Coaches Mentor(s)) to ensure a consistent, safe, and player-centred approach.

Review Process

This policy will be made available to all members annually through the club website and digital platforms and included in the induction process for coaches each season.

- > This policy will be reviewed annually by the committee via the committee
- > Feedback from coaches, players and families is welcomed
- > Adjustments will be made based on club needs and capacity

Appendix 1 – Suggested Resources

Netball Australia – General Resources

Netball.com.au

Netball South Australia

[Home - Netball SA](#)

Netball Australia – Child Safeguarding

[Netball Australia Child Safeguarding](#)

Netball Australia – Disordered Eating, Early Identification and Prevention Guidelines

[MED005 Disordered Eating Early Identification and Prevention Guidelines Effective Date 1 February 2025.pdf](#)

Netball Australia – Cardiac Screening Guidelines

[MED006 2026 Cardiac Screening Guidelines December 2025.pdf](#)

Netball Australia Concussion Protocols

[Update to Netball Australia's Concussion Protocols](#)

Metro Jets Club Policies Disclaimer

The policies, guidelines, and procedures outlined by Metro Jets Club are intended to provide a framework for the effective management and operation of the club. While every effort ensures consistency and fairness, the Metro Jets Club reserves the right to modify, amend, or make exceptions to these policies as necessary.

At their sole discretion, the club's Executive may vary, waive, or adapt any policy, procedure, or requirement on a case-by-case basis, considering the club's best interests, players, members, and stakeholders. Such decisions regarding fairness, integrity, and Metro Jets Club's overall objectives will be made.

Any variations or exceptions the Executive grants do not set a precedent for future decisions. They shall not be considered an amendment to the club's policies unless formally adopted and communicated to all relevant parties.

Members are encouraged to contact the club President or Vice President directly for any questions or clarifications regarding club policies.