BME GAA & LGFA Club Injury & Physiotherapy Treatment Process & Policy

1. Purpose

The purpose of this process is to:

- Ensure players receive appropriate treatment for injuries sustained while playing or training for the club
- Control costs and ensure club approval is obtained in advance
- Ensure all serious injuries are properly recorded on Foireann
- Clearly outline when the club will and will not cover treatment costs

2. Scope

This process applies to:

- All registered club players
- All injuries sustained during official club training sessions or matches
- Treatments provided by:
    - Club-appointed masseur Teresa Gorman (soft tissue)
    - Club-appointed physiotherapist David Gardiner Physiotherapy works (more serious injuries)

3. Types of Treatment Available

3.1 Club Masseur – Soft Tissue Injuries

Examples:

- Muscle tightness
- Minor strains
- General soreness
- Knots and soft tissue issues

Available without external referral, but permission process must still be followed

3.2 Club Physiotherapist – Serious Injuries

Examples:

- Suspected ligament damage
- Joint injuries
- Recurring or worsening injuries
- Injuries preventing training or match participation
- Any injury requiring diagnosis or rehabilitation plan

Requires formal approval before treatment & May require multiple sessions

4. Injury Reporting by Player

4.1 Immediate Notification

- Player must notify the team manager as soon as possible after the injury occurs
- Injury must have occurred during:
    - Club training, or
    - Official club match

4.2 Serious Injury Logging (Mandatory)

- Any serious injury must be logged by the player on Foireann
- This is the responsibility of the player
- Failure to log the injury may result in treatment costs not being covered

Examples of serious injuries requiring Foireann entry:

- Injuries resulting in loss of earnings
- Injuries resulting in missed employment
- Injuries requiring long term rehab or surgery

5. Approval Process (Mandatory)

No approval = no club payment

Step 1: Player Requests Permission

- Player requests treatment approval from the team manager
- Request should include:
    - Nature of the injury
    - When and how it occurred
    - Type of treatment requested (masseur or physio)

Step 2: Manager Approval

- Manager confirms:
    - Injury occurred during club activity
    - Treatment is appropriate
- Manager then seeks approval from the Club Chair / Vice Chair

Step 3: Chair Approval

- Chair provides final approval for:
    - Type of treatment
    - Number of sessions (where applicable)
- Once approved, treatment can proceed

Approval may be verbal or written but should be recorded

6. Treatment Without Approval

- If a player seeks treatment without following the approval process:
    - The club will not cover the cost
    - Player will be personally responsible for all fees and service providers have been informed of this
- This includes but is not exclusive to:

- Private physios
- Club physio sessions without approval
- Repeat sessions beyond what was approved

7. Payment & Costs

- The club will only cover treatment costs where:
    - Injury occurred during club activity
    - Approval process was followed
    - Injury (if serious) is logged on Foireann
- Any additional or unapproved sessions are the player's responsibility

8. Roles & Responsibilities

Player

- Report injury promptly
- Request permission before treatment
- Log serious injuries on Foireann
- Attend only approved treatments

Team Manager

- Confirm injury occurred during club activity
- Assess treatment requirement
- Seek chair approval
- Communicate approval to player

Chair

- Final approval authority for treatment
- Oversight of costs and governance

9. Review

- This process will be reviewed annually or as required by the club executive

Injury Treatment Approval Flowchart

(For Players & Managers)

INJURY OCCURS DURING CLUB TRAINING / MATCH

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PLAYER NOTIFIES TEAM MANAGER

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IS THE INJURY SERIOUS?

(Physio / Missed Games / Ongoing Issue)

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YES NO

PLAYER LOGS INJURY ON FOIREANN

PLAYER REQUESTS TREATMENT

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PLAYER REQUESTS PERMISSION FROM MANAGER

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MANAGER SEEKS APPROVAL FROM CHAIR

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APPROVED NOT APPROVED

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TREATMENT PROCEEDS CLUB COVERS COST

PLAYER PAYS ALL COSTS