



ECFC Academy Medical & Physiotherapy Policy

2018/19

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ECFC Academy Medical & Physiotherapy Policy

1.0 Overview

- 1.1. ECFC Academy ('The Academy') regards each player's health and wellbeing as of paramount importance throughout their journey through the Academy system. Players are provided with a comprehensive and responsive medical service with player health the priority.
- 1.2. Upon entry to the Academy, each player will receive a medical examination with the Club Doctor and/or NMC registered nursing staff. All new full-time Scholars will receive a 12-lead Electro-cardiogram (ECG) and echocardiogram as part of the FA's Cardiac Screening programme at the start of their scholarship. Results of these tests are kept with each player's confidential medical records, with a copy being sent to the player's parents or guardian.
- 1.3. At all Academy events, appropriately trained medical staff will be present pitch-side and be responsible for the management of injuries and illness in accordance with the Emergency Action Plan for that particular venue.
- 1.4. The Academy has Emergency Action Plan's in place for all venues that training or games are hosted by the Club.
- 1.5. At all Academy training and games, an injury clinic will be led by either a Chartered Physiotherapist or accredited Sports Therapist. Appointments are encouraged to be booked prior to the day of the clinic, however staff aim to accommodate all those in need of support should they request it.
- 1.6. It is our preference that parents/carers attend all physiotherapy appointments. When injuries are sustained during training or games and a parent is not present, the Academy will take responsibility to contact parents/carers to inform them of the injury and any relevant injury management plan.
- 1.7. Parents/carers must sign a medical consent form each season which states that all medical appointments will be conducted in an unlocked room, with appropriately qualified members of staff, who have an enhanced DBS check.
- 1.8. Should Academy players require an appointment with the Club/Academy Doctor, appointments will be arranged by the Head Academy Physiotherapist. The Club/Academy Doctor will be present at the Training Ground at least once per week and is also available for telephone consultancy at all times.
- 1.9. If occasions arise where internal medical provision is insufficient, the Club will provide access and referral to appropriate external healthcare providers in a timely manner. The player and their parents or guardians will be notified of all referrals made.
- 1.10. At Exeter City FC Academy, both medical and coaching staff are encouraged to complete

first-aid qualifications beyond the standard minimum requirements. All coaching staff will possess a valid FA Emergency First Aid in Football (EFAiF). All full-time medical staff will be in possession of a valid FA Advanced Trauma Medical Management in Football (ATMMiF).

1.11. Every season, each Academy player's guardian will complete a medical questionnaire relating to the health of their child. All information disclosed within the questionnaire is maintained as confidential and stored within a locked filing cabinet in the Physiotherapy Department. All questionnaires are signed by the parent or guardian of the player and any disclosures that may require further investigation are addressed in confidence by the Academy/Club Doctor or Academy Physiotherapist.

1.12. In accordance with HCPC and CSP standards, all medical records will be stored safely in a locked cabinet and all information will be classed as confidential. The details of each injury will be stored on the PMA alongside SOAP notes relating to each interaction with a player. All medical staff will be provided with a medical PIN, ensuring that sensitive information is protected and restricted to those that may require access.

2.0 Further Information

2.1. Further information and detail regarding policy & procedure is contained in The Academy's Grecian Plan (Section 4), where the following areas are explained in full:

3.0 Grecian Plan Content

3.1. Medical & Sport Science premise, vision strategy & objectives

Sport Science Provision

3.2. Sport Science outline

3.3 Strength & Conditioning

3.4. Performance Analysis

3.5. Testing

3.6. Sport Psychology

3.7. Player & Performance Monitoring

3.8. Nutrition

Medical Provision

3.9 Medical outline

3.10. Medical screening

3.11. Pitch-side first aid

3.12. Physiotherapy support

3.13. Medical consultations

3.14. On ward referrals

3.15. Injury prevention

3.16. First-aid training/support

3.17. Documentation

3.18. Staff Key Performance indicators (KPI's)