

# ***Ice Policy – Junior Domestic***



1. If a player is injured on the court and requires medical attention please seek out a member of staff (duty manager or Court Controller) who is first aid trained.
  
2. If necessary, a Court Controller will complete and file an injury report form – please email [programs@lakeside.asn.au](mailto:programs@lakeside.asn.au) if you require a copy at a later date.
  
3. If the player requires or would like ice for the injury a member of staff can provide this – we recommend avoiding obtaining this yourself from the kiosk to ensure you have been attended to appropriately by staff.
  
4. If ice is applied to the injury we highly recommend the player does not return to play. This is due to the effects that icing an injury has to the body:
  - Icing strained muscles decreases inflammation and numbs pain in a specific area.
  
  - It is effective at reducing pain and swelling as the cold constricts blood vessels and decreases circulation to that muscle.
  
  - Icing muscles prior to or during a game is not recommended as it has been shown to decrease balance, position senses and muscle strength, leading to further injury.
  
5. If player and parent agree to return to sport after icing an injury they will be playing at their own risk. Lakeside staff will note on the completed injury form that ice was applied and the player returned to play although this action was unadvised by the first aider.