



2025 Player Handbook

Contents

Welcome to ANUWFC!	3
Who we are	3
Player expectations	4
Coach expectations	5
The Committee	7
Who's Who?	7
Making Contact	7
Key Dates & Events	8
Team Managers	9
Capital League Playing Kit and Merchandise	10
Preparing for your game	10
Filling in for other teams	11
Using Dribl	12
Policies and Regulations	12
Player Welfare	13
Support	13
Negative experiences with other Club members	13
Negative experiences with external parties	14
Professional Conduct and Relationships	15
Supporting Psychological Safety in your Team	15
Injury Management and Response	17
If you are injured and stop playing due to injury	18
If you are injured but do not stop playing	18
Insurance	19
Deregistration	19
Appendices	21
Appendix 1 – ANUWFC Coach Code of Ethics	21
Appendix 2 – FIFA 11 stretches	23
Appendix 3 - Concussion Management	24

Welcome to ANUWFC!

Who we are

ANU Women's Football Club (ANUWFC) has been led by women and for women since inception, and have been participating in ACT community competitions for 47 years. In 2023, ANUWFC was repromoted to the National Premier League (NPLW). We are open to female (cis and trans) and non-binary members of the community, ANU students and non-students, and first-time and highly skilled players.

In 2024, we fielded 2 teams in each division of the Capital Football (CF) Capital League plus a team each in NPLW First Grade and Reserves - that's a jaw-dropping total of 14 teams!

We are a strong force in the Capital Football Women's Capital League competitions, placing at least one team in the final or semi-finals in most seasons. Our success is built on our strong belief in community, sportspersonship, player and coach excellence, and our commitment to providing all our members a safe and inclusive environment.

Over the years, we've seen more than 3,500 female (cis and trans) and non-binary players at the Club, and we've provided a friendly environment in which they can participate in football.

Our vision

To be recognised as the leader in female football in the ACT, helping our players thrive both on and off the field.

Our mission

To provide a safe, supportive, friendly, and all-inclusive environment for players to develop and hone their football skills, enabling them to thrive on and off the field.

Our values

- Inclusivity
- Sportspersonship
- Community focus
- Support for our players and coaches

Player expectations

At ANUWFC, we expect our players to:

1. Demonstrate Club spirit and respect the Club values
2. Show respect towards all Club members including teammates and coaches; as well as opponents, opposing coaches, referees, officials, and spectators
3. Encourage and support Club members on and off the field during both trainings and games
4. Attend all scheduled trainings and games that they are able to, and inform their coach when unable to participate.

5. Arrive to trainings and games on time
6. Respect the rules of football and the spirit of the game including FFA, Capital Football and other governing bodies' guidelines, and
7. Operate within the policies of the ANUWFC, ANU Sport, CF and ANU at all times.

Coach expectations

At ANUWFC, coaches are expected to:

1. Possess a valid Working With Vulnerable People (WWVP) card, and email a copy (or receipt of lodgment) of this to the Committee prior to the season commencing
2. Operate within the policies of the ANUWFC, ANU Sport, CF and ANU at all times
3. Be fair and considerate, and act with integrity towards their players. This includes being mindful of the power imbalance between coaches and players and behaving appropriately.
4. Show respect towards all Club members including teammates and coaches; as well as opponents, opposing coaches, referees, officials, and spectators.
5. Ensure their players demonstrate Club culture and values.
6. Respect the rules of football and the spirit of the game including FFA, Capital Football, and other governing bodies' guidelines.
7. Operate within the policies of the ANUWFC, ANU Sport, Capital Football and ANU at all times.
8. Attend **all** training sessions unless a legitimate reason prevents them

- o While 100% attendance is the desired target, there will be circumstances where the coach will need to miss a training session due to family/work commitments etc.
 - o If a coach needs to miss a session, they should let the Committee know as soon as possible.
 - o It is expected the coach will liaise with the other ANUWFC coaches (or members of their squad) a couple of days prior to the session date so as to organise their squad to train with another coach.
 - o If the absence is due to unforeseen circumstances (i.e. illness), please advise your team and try your best to work with another coach to host your team. If this is not possible, please advise your team of the cancellation.
9. Attend all games unless a legitimate reason prevents them.
- o If the coach needs to miss a game, it is the coach's responsibility to organise another individual (whether it be another ANUWFC coach, team member or spectator) to run the bench during the game.
10. Liaise with other ANU coaches to find extra players for their team if they are short for games as far in advance as possible.
11. Look after equipment to the best of their ability and notify the Committee if equipment is needed.
- o All balls in the kit, including the match balls, should have ANUWFC written on them to prevent other teams or players mistakenly taking them.
12. Not allow non-Club members or volunteers to perform coaching duties without prior agreement of the ANUWFC Executive Committee. This is because all coaches must be endorsed by the Executive Committee and their Working with Vulnerable People cards must be sighted by the ANUWFC Secretary.

13. Abide by the 'Coaches' Code of Ethics'.

The Committee

ANUWFC is only able to function thanks to unpaid volunteers. Each year, our Committee members contribute countless hours out of a love of football and our community, and a commitment to helping others enjoy it.

You certainly don't have to be on the Committee to help out the Club! Please reach out if you would like to get involved with volunteering, organising events, and more!

Who's Who?

Executive Members	President	Josie Chantrell
	Vice-President	Sarah Callinan
	Treasurer	Lauren Spring
	Secretary	Kristin McKinnon
General Representatives Members	Communications Coordinator	Clare Butterfield
	Equipment Coordinator	Simon Whiting
	Merchandise Officer	Cate Laurie
	Events Coordinator	Kirsten Little
	Player Welfare Officer	Charlotte Blundell
	Registrar	Charlotte Blundell & Cate Laurie
	NPL Coordinator	Sophie McGlynn
	General Representative	Cecilia Tran
	General Representative	Brittany Lum

Making Contact

Our preferred method of communication is via email: anuwfc@gmail.com

You are also welcome to reach out via Facebook and Instagram if you have a quick question!

When emailing, please note that the inbox is accessed by multiple members of the Committee. Any queries will be kept confidential, but if you are getting in touch about a sensitive matter, please feel free to reach out directly to our Player Welfare Officer: anuwfcplayerwelfare@gmail.com (more information below).

Key Dates & Events

Capital League 2025 Season Dates

Round 1: 6 April

Final Regular Round: 17 August

Semi-finals: 24 August

Grand-finals: 31 August

Weekends with no games: 20 April (Easter Long Weekend)

NPLW 2025 Season Dates

Round 1: 5 April

Final Regular Round: 31 August

Finals Series: 6 - 21 September

ANUWFC Events

ANUWFC hosts a variety of social events throughout the year to provide opportunities to foster team camaraderie, build a strong sense of community, and celebrate the shared love of football. In addition to the three key events below, we generally host football viewing parties, BBQs, and more! If you would like to be involved with organising events or have ideas, please get in touch with our Events Coordinator by emailing anuwfc@gmail.com.

Season Kick-off - March

A chill event that brings the Club together to build excitement before kicking off our playing campaigns for the season!

Trivia Night - *mid-May*

A night of fun, friendly competition, and fantastic prizes! It's the perfect opportunity to showcase your knowledge, support the Club, and prove your skills off the field. Don't forget to start practicing for the legendary plank competition!

Presentation (Preso) Night - *late September*

Our end-of-year celebration brings together all teams and is typically hosted at the Hellenic Club (City or Woden). The event features award presentations for all teams and speeches reflecting on the season's achievements.

The Club's Annual General Meeting (AGM) is held at the start of Preso Night, during which the Committee for the following year is elected.

Team Managers

Once teams have been selected, the Club will ask for a volunteer Team Manager for each team. The role of Team Managers is to provide an additional point of contact between players, coaches and the ANUWFC Committee, as well as to help reduce the administrative burden of our coaches. Team Managers will be given access on Dribl to assist with those processes. Team Manager responsibilities include:

1. Assisting coaches in submitting match cards and final scores via Dribl.
2. Assisting coaches by advising who is available to play each weekend.
3. Raising issues from their team with the ANUWFC Committee.
4. Sharing information from the ANUWFC Committee with their teams, such as training times and locations, and events.
5. Acting as a first point of contact for people in their team who aren't sure how to get in touch with Committee Members or other relevant people in the Club.

6. Rallying their team to assist with Club activities such as volunteering and fundraising, and to attend events.

Capital League Playing Kit and Merchandise

For games, all Capital League players must wear their assigned jersey (provided by the Club), royal blue shorts, and royal blue football socks. Undershirts must be the same colour as your jersey, and visible undershorts/tights must be royal blue. This is in accordance with the [Laws of the Game](#).

You can purchase socks and shorts (and many other items to get into Club spirit!) on our website: <https://www.anuwfc.org/merch>. The Club also hosts merch sales at training sessions from time to time.

Jerseys are owned by the Club and **must** be returned promptly to coaches at the end of the season. Any player who does not return their jersey will incur in a **\$75 fee** to cover the costs of a replacement jersey and will not be allowed to register with the Club in the following year until the debt has been paid.

Personalised Jerseys

Though not recommended by the Club, teams may elect to purchase personalised jerseys (with names on the back) in place of the Club jerseys. ANUWFC has the following stipulations and process regarding personalised jerseys:

- Personalised jerseys are not mandatory and will only be procured if every player is comfortable with the cost. If even one player does not want to purchase a jersey, the team will not purchase jerseys.
- Players (and not the club or coach) are responsible for the cost of their jersey.
- If a team purchases personalised jerseys one year, this will not mean that they will automatically wear them the following year again. All players in that year's squad must also agree to purchase a jersey.

- Jerseys must be approved by the ANUWFC Committee.

Preparing for your game

To ensure you are well prepared for your game, please ensure you:

- Have notified your coach of your **availability** well in advance, either through Dribl or another means as requested by your coach.
- Have your kit ready:
 - Jersey
 - Royal Blue shorts
 - Royal Blue knee-high socks
 - Shinguards
 - Football boots
- Have removed all items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.). Using tape to cover jewellery is [not permitted](#).
- Remember to pack your water bottle and sunscreen!
- Arrive with enough time to warm up (your coach will communicate their expectations around this).

Capital League Game Times and Locations

Capital League Divisions play at the same time every Sunday, as follows:

Time	Divisions	
10am	Div 3	Div 6
12pm	Div 2	Div 5
2pm	Div 1	Div 4

Capital League Divisions also play 'Home and Away', such that on one week, you will play at your opponent's home ground, and on the next, at an ANU home ground (Willows or South Oval).

When you are playing at Home, your team may have additional responsibilities, such as field preparation and pack down. Your coach will inform you of this.

Filling in for other teams

A great way to avoid forfeiting or rescheduling a match is to borrow a couple of spare players from another ANUWFC team. This also encourages inter-team camaraderie and gives players an opportunity to play at a higher skill level, or share their skills with a lower division.

Capital Football regulations:

- Players are allowed to play two divisions below, or any number of divisions above, their registered division.
- Where two (2) Teams from the same Club are in the same division, Players must be assigned to one particular Team.
- **Where two (2) Teams from the same Club are in the same division, no Player can play for the other Team in any Match.**
- If a player plays 10 or more matches in a division more than 2 divisions higher than their registered division, that player will be reclassified to the team where the 10th match was played.

ANUWFC Borrowing Procedure:

- Coaches or the borrowed player must notify the coach of the borrowed player with as much notice as possible prior to the match, to discuss any conflicts (e.g. if the player's original team is also low on substitutes and it would be too much game time for them to play twice).
- Coaches must notify the Committee regarding borrowing players prior to the match, so that the Club can confirm eligibility requirements and track player movement.

- Once a player is borrowed in a division, as per CF regulations, they cannot fill in for the other team in that division.

ANUWFC Borrowing Expectations:

- It is at players' discretion to play matches for other teams, and coaches should respect players' decision in this regard.
- Player borrowing should be done in good faith and out of genuine need - we do not condone borrowing higher division players for the purpose of "stacking" a team.

Using Dribl

Capital Football uses Dribl as its competition management and referee management system for all competitions. Dribl is a cloud-based platform that also enables Capital Football to appoint referees to matches.

As a registered player, you will be mapped from PlayFootball to Dribl to allow your coach to put you on the match card to be eligible to play.

We encourage you to download the Dribl app, as this will allow you to:

- Notify your coach of your availability to play
- See upcoming opponents and game locations
- View the leaderboard as the season progresses

Policies and Regulations

As well as our own ANUWFC policies and expectations set out in this document, as an ANU Sport-affiliated Club, [their policies](#) apply to Club members (coaches, players and Committee members).

The [ANU Sport Member Protection Policy](#) covers individual responsibilities, ANU Sport position statements on important issues (including discrimination, harassment, bullying, and intimate relationships), guidance on making complaints and disciplinary measures. The [ANU Sport Code of Behaviour](#) is a

key attachment to this Policy. **All players should familiarise themselves with these documents.**

ANUWFC is affiliated with Capital Football (CF) as the Football Association for the ACT. Therefore, we must operate within the rules and regulations governed by CF. You can find the regulations here: **To be updated when 2025 Regulations are released**

Player Welfare

Support

At ANUWFC, providing a safe, supportive and positive environment for our players and coaches is our utmost priority. We expect all members of our Club to be respectful, inclusive and show integrity and sportsmanship.

All ANUWFC members must adhere to the [ANU Sport Member Protection Policy](#) and [Codes of Behaviour](#). Additionally, ANUWFC has zero tolerance for abuse, bullying and harassment and discrimination - on and off the field. For more information on what constitutes these behaviours, please see the [Policy](#).

If you have a negative experience, or something in your team or around the Club doesn't feel right, the first point of contact is always your coach. If you think your coach is not able to resolve the issue, is unwilling to do so, or you don't feel comfortable speaking to them about it, please contact our Player Welfare Officer, Charlotte, at training or via anuwfcplayerwelfare@gmail.com. You can also find further information on our website: <https://www.anuwfc.org/player-welfare>.

The actions below may be taken in response to negative experiences.

Negative experiences with other Club members

If you experience abuse, harassment or discrimination from another Club

member, please speak with your coach if you are comfortable doing so. Coaches have been instructed to maintain confidentiality in such matters, and can help you to take action if you choose to do so, and connect you with resources and support.

For further support, please reach out to our Player Welfare Officer via email (anuwfcplayerwelfare@gmail.com).

If the issue is serious and may result in official disciplinary action or cannot be resolved at the Club level, ANUWFC will reach out to ANU Sport for their support and mediation. ANU Sport's Complaints Handling Procedure can be found [here](#) (p. 8).

Negative experiences with external parties

If an incident occurs on-field during a game

If a player, coach or spectator from an opposing Club, abuses, harasses or discriminates against an ANUWFC player or coach, we will support you to take action to ensure the safety of our members. Depending on the situation, please consider the following guidance:

- Do not retaliate and remain calm.
- Put the safety of yourself and other players first. If you are able to, remove or put distance between yourself and other ANUWFC players from the situation.
- Speak with your coach as soon as possible, who will support you to take action such as speaking with the referee or opposing team's coach (if safe and comfortable to do so).
- Capital Football recommends recording video of any negative behaviours to submit as evidence. However, ANUWFC understands that it is not always possible nor safe to do so, particularly when behaviours are experienced on-field by players.

The Club will support you to report negative behaviours to the Capital Football Disciplinary team to receive further support and, where appropriate, take action. Please note that to support this progress, Capital Football will

request named statements of the incident from affected players and witnesses.

If an incident occurs off-field the steps to take are similar, except we will support you to contact a Capital Football Member Protection Information Officer (MPIO) rather than the Disciplinary team, as per Capital Football guidelines.

For more information and resources, please see:

<https://capitalfootball.com.au/make-a-report/>

Professional Conduct and Relationships

ANUWFC values professionalism and fairness in all interactions between coaches and players. While consensual relationships between coaches and adult players in other teams are not prohibited, intimate relationships between a coach and player within the same team are strongly discouraged due to the risks of perceived or actual power imbalances, favouritism, and impacts on team dynamics.

In alignment with guidance from [ANU Sport](#), to maintain a professional and respectful environment:

- Coaches are expected to conduct themselves with integrity and treat all players fairly and respectfully.
- Coaches and players should avoid initiating or encouraging intimate relationships within their team.

If a relationship does develop, coaches are expected to:

- Notify the Player Welfare Officer and/or Club Executive to allow appropriate steps to be taken to manage the situation professionally and mitigate potential impacts on the team.
- Ensure the relationship does not compromise their impartiality, professional standards, or the trust placed in them by players and the Club.

These guidelines aim to foster a safe, inclusive, and equitable environment for all members. For guidance or support, coaches are encouraged to contact

the Player Welfare Officer, or [ANU Sport's MPIO](#).

Supporting Psychological Safety in your Team

At ANUWFC, providing a safe, supportive and positive environment for our members is our utmost priority. We expect our players to uphold our Club culture and values by actively encouraging and contributing to a psychologically safe environment.

Psychological safety is the shared belief that a team feels safe to share “interpersonal risk-taking, such as asking for help, admitting one's errors, or seeking feedback from others”.¹ Some examples of the differences between psychological safety and psychological danger can be found below.

Psychological Safety	Psychological Danger
Comfortable admitting mistakes	Fear of admitting mistakes
Learning from failure	Blaming others
Everyone openly shares ideas	Less likely to share different views
Better innovation & decision making	“Common Knowledge Effects”

Psychological safety is critical to our teams and Club as it allows for open communication, promotes a diverse and inclusive culture, supports mental health, and fosters resilience. Psychological safety creates an environment where players are able to embrace their mistakes and treat failure as learning opportunities, and also to feel safe to speak up and ask for help without fear. These factors collectively contribute to better individual

¹ <https://journals.sagepub.com/doi/abs/10.2307/2666999>

performances, effective team dynamics, and, ultimately, greater success in the competitive sport.

As a player, there are a variety of ways you can promote psychological safety:

Show respect for all teammates: treat everyone with kindness and respect, regardless of their skill level or background. Avoid gossip or negative comments about teammates that could harm trust or team cohesion

Be inclusive: include all teammates in team-based activities, conversations, and celebrations, ensuring no one feels left out. Support new or less experienced players by offering help or advice when needed.

Be supportive and encouraging: when things start to go wrong in sport, it can be easy to blame others, especially when emotions are running high. However, this can lead to a psychologically unsafe environment where players are scared to make mistakes.

Celebrate teammates' successes with genuine positivity. A simple "great shot" or "you've been playing so well" goes a long way. When mistakes happen, avoid blame and instead focus on solutions or encouragement, like, "You'll get it next time."

Communicate openly: speak up when you have a concern, but do so respectfully and constructively. Listen actively to others and show empathy for their experiences and challenges.

By taking these on board, you will be contributing to a team environment where everyone feels valued, confident, and empowered to do their best.

Injury Management and Response

Unfortunately, every year a number of our members will be injured during practice or matches. This section of the player guide details actions to be taken in response to injury, including insurance and deregistration. In addition, please consider the below points for preventing injury:

- **Warming up:** warming up before both trainings and games (especially during winter!) is essential for injury prevention, as it prepares your body for activity by increasing blood flow, improving flexibility, and reduces the risk of strains and sprains. Warming up can also improve your physical performance and mental preparedness. Your coach will run a warm up, but please also do any additional preparation that may be unique to you. Feel free to also check out Appendix 2 for some warm up and stretching ideas.
- **Wearing shinguards:** Shinpads are **mandatory** at ANUWFC training sessions. Shinguards work by providing shock absorption and energy dissipation to protect your lower limb from high impacts and reduce the risk of injury. Additionally, wearing shinguards is mandatory during games as per Capital Football regulations.
- **Staying hydrated:** regardless of the weather, it is vital to stay hydrated during training and games. We highly encourage you to bring a water bottle, and even electrolytes. All training and playing locations should have a water tap to refill your bottle.

If you are injured and stop playing due to injury

If you are injured and this causes you to stop playing in a game or training, please ensure you speak with your coach and email anuwfc@gmail.com with the details as soon as possible. We will support you through any next steps, including claiming insurance.

First aid kits are provided to all coaches to assist with minor injuries. We also encourage you to visit the hospital, a walk-in clinic, or your GP, as appropriate. **If in doubt, get checked out.**

If a player is seriously injured, 000 should be called immediately.

If you are injured but do not stop playing

You may also fill out the [player injury form](#) if you did not retire from playing but, in your opinion, the injury may need medical attention or physiotherapy in future. Please note the gravity of some injuries may not manifest until the following hours or days and you should use your common sense in this case.

Please note: a concussed player or player with a suspected concussion **must not return to play** regardless of their decision to continue (Appendix 3: Concussion Management).

Insurance

All players are insured by Capital Football Insurance and by ANU Sport insurance whenever they are playing, training, or trialling for ANUWFC. More information on these policies can be found here:

<https://www.anuwfc.org/player-welfare>

Injured players may decide to submit insurance claims to assist with the costs of their treatment. Any players needing assistance with their insurance claim or further information about how to make a claim must email the Club's Player Welfare Officer on anuwfcplayerwelfare@gmail.com. The first step in this process is to fill out the [player injury form](#), and the Player Welfare Officer can support you with this and the remainder of the process.

Please note: Players must submit their insurance claim form within 7 days of the injury, regardless of whether treatment has been completed. In extenuating circumstances, this timeframe may have flexibility - our Player Welfare Officer can provide further guidance.

As part of the insurance claim process, once a claim is received, the Club may contact you to certify that the player suffered an injury on the date and at the place they mentioned in the form.

Deregistration

If you are injured, or for another reason cannot play for the remainder of the season, you may be eligible for a full refund of ANUWFC and Capital Football fees if:

- You played 3 or fewer games
- You request to deregister prior to **30 June**

Please note that the refund of ANUWFC fees is at the discretion of the Club Committee.

If you would like to request a refund, please email anuwfc@gmail.com as soon as possible.

Appendices

Appendix 1 – ANUWFC Coach Code of Ethics

As a coach of ANUWFC, I commit to:

1. upholding the Club values of fairness, respect, integrity, and sportsmanship in their interactions with all Club members and opposition
2. selecting my squad as per the selection guidelines in a timely and fair manner
3. helping out my fellow volunteer coaches and creating a collegiate environment amongst the coaching unit in the Club
4. respecting the decisions of the Committee as representing the will of the members of the Club
5. helping each player in my squad to reach their full potential
6. making sure time spent with the Club's players is a fair and positive experience to both myself and the player
7. respecting the difference in talent, developmental stage and goals of each player in your squad
8. displaying integrity with players
9. being professional in the work performed with the squad and displaying a high standard communication
10. being punctual to practice and matches
11. providing a quality service to players by offering a training program which is planned and sequential
12. operating within the rules and spirit of the game of Football and the guidelines and regulations of FIFA, Capital Football and other governing bodies
13. making sure physical contact with athletes is always appropriate to the situation or necessary for the players skill development
14. refraining from any form of personal abuse towards your players, including verbal, physical and mental abuse
15. provide a safe environment for training and competition

16. ensure equipment and facilities meet safety standards and notifying the ANUWFC Committee as soon as possible of any safety concerns
17. showing concern and caution towards sick and injured players and:
 - a. providing a modified program where appropriate
 - b. allowing further participation in training and competition only when appropriate
 - c. encouraging players to seek medical advice when required
 - d. supporting players' insurance claims and providing evidence as appropriate
 - e. maintaining support towards sick and injured players
18. being a positive role model for the Club, sport and players
19. not pursuing inappropriate relationships with Club members.

Appendix 2 – FIFA 11 stretches

FIFA 11+

PART 1 RUNNING EXERCISES · 8 MINUTES



1 RUNNING STRAIGHT AHEAD
The course is made up of 6 to 10 pairs of parallel cones, approx. 5-6 metres apart. Two players start at the same time from the first pair of cones. **Jog together** all the way to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. **2 sets**



2 RUNNING HIP OUT
Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip outwards**. Alternate between left and right legs at successive cones. **2 sets**



3 RUNNING HIP IN
Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip inwards**. Alternate between left and right legs at successive cones. **2 sets**



4 RUNNING CIRCLING PARTNER
Run forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet in the middle. **Shuffle an entire circle around one other** and then return back to the cones. Repeat for each pair of cones. Remember to stay on your toes and keep your centre of gravity low by bending your hips and knees. **2 sets**



5 RUNNING SHOULDER CONTACT
Run forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle. **Jump sideways towards each other to make shoulder-to-shoulder contact**. Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inwards. Make it a full jump and synchronize your timing with your teammate as you jump and land. **2 sets**



6 RUNNING QUICK FORWARDS & BACKWARDS
As a pair, run quickly to the second set of cones then run **backwards quickly to the first pair of cones keeping your hips and knees slightly bent**. Turn, reversing the drill, running two cones forwards and one cone backwards. Remember to take small, quick steps. **2 sets**

PART 2 STRENGTH · PLYOMETRICS · BALANCE · 10 MINUTES

LEVEL 1



7 THE BENCH STATIC
Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, and pull your stomach in, hold the position for 20-30 sec. Your body should be in a straight line. Try not to wobble or arch your back. **2 sets**



LEVEL 2
7 THE BENCH ALTERNATE LEGS
Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. Your body should be in a straight line. Try not to wobble or arch your back. **2 sets**



LEVEL 3
7 THE BENCH ONE LEG LIFT AND HOLD
Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg about 10-15 centimetres off the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your opposite hip dip down and do not sway or arch your lower back. Take a short break, change legs and repeat. **2 sets**



8 SIDWAYS BENCH STATIC
Starting position: Lie on your side with the knee of your lowermost leg bent to 90 degrees. Support your upper body by resting on your forearm and knee. The elbow of your supporting arm should be directly under your shoulder.
Exercise: Lift your uppermost leg and hold until your shoulder, hip and knee are in a straight line. Hold the position for 20-30 sec. Take a short break, change sides and repeat. **2 sets on each side.**



8 SIDWAYS BENCH RAISE & LOWER HIP
Starting position: Lie on your side with both legs straight. Lean on your forearm and the ball of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.
Exercise: Lower your hip to the ground and lift it back up again. Repeat for 20-30 sec. Take a short break, change sides and repeat. **2 sets on each side.**



8 SIDWAYS BENCH WITH LEG LIFT
Starting position: Lie on your side with both legs straight. Lean on your forearm and the ball of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.
Exercise: Lift your uppermost leg up and slowly lower it down again. Repeat for 20-30 sec. Take a short break, change sides and repeat. **2 sets on each side.**



9 HAMSTRINGS BEGINNER
Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.
Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 3-5 repetitions and/or 60 sec. **1 set**



9 HAMSTRINGS INTERMEDIATE
Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.
Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 7-10 repetitions and/or 60 sec. **1 set**



9 HAMSTRINGS ADVANCED
Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.
Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 12-15 repetitions and/or 60 sec. **1 set**



10 SINGLE-LEG STANCE HOLD THE BALL
Starting position: Stand on one leg.
Exercise: Balance on one leg whilst holding the ball with both hands. Keep your body weight on the ball of your foot. Remember: try not to let your knees buckle inwards. Hold for 30 sec. Change leg and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee. **2 sets**



10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER
Starting position: Stand 2-3 m apart from your partner, with each of you standing on one leg.
Exercise: Keeping your balance, and with your stomach held in, throw the ball to one another. Keep your weight on the ball of your foot. Remember: keep your knee just slightly flexed and try not to let it buckle inwards. Keep going for 30 sec. Change legs and repeat. **2 sets**



10 SINGLE-LEG STANCE TEST YOUR PARTNER
Starting position: Stand on one leg opposite your partner and at arms' length apart.
Exercise: Whilst you both try to keep your balance, each of you in turn tries to push the other off balance in different directions. Try to keep your weight on the ball of your foot and prevent your knee from buckling inwards. Continue for 30 sec. Change legs. **2 sets**



11 SQUATS WITH TOE RAISE
Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.
Exercise: Imagine that you are about to sit down on a chair. Perform squats by bending your hips and knees to 90 degrees. Do not let your knees buckle inwards. Descend slowly then straighten up more quickly. When your legs are completely straight, stand up on your toes then slowly lower down again. Repeat the exercise for 30 sec. **2 sets**



11 SQUATS WALKING LUNGES
Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.
Exercise: Lunge forward slowly at an even pace. As you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees. Do not let your knee buckle inwards. Try to keep your upper body and hips steady. Lunge your way across the pitch approx. 10 times on each leg and then jog back. **2 sets**



11 SQUATS ONE-LEG SQUATS
Starting position: Stand on one leg, loosely holding onto your partner.
Exercise: Slowly bend your knee as far as you can manage. Concentrate on preventing the knee from buckling inwards. Bend your knee slowly then straighten it slightly more quickly, keeping your hips and upper body in line. Repeat the exercise 10 times on each leg. **2 sets**



12 JUMPING VERTICAL JUMPS
Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.
Exercise: Imagine that you are about to sit down on a chair. Bend your legs slowly and your knees are flexed to 90 degrees, and hold for 2 sec. Do not let your knees buckle inwards. From the squat position, jump up as high as you can. Land softly on the balls of your feet with your hips and knees slightly bent. Repeat the exercise for 30 sec. **2 sets**



12 JUMPING LATERAL JUMPS
Starting position: Stand on one leg with your upper body bent slightly forwards from the waist, with knees and hips slightly bent.
Exercise: Jump approx. 1 m sideways from the supporting leg on to the free leg and gently on the ball of your foot. Bend your hips and knees slightly as you land and do not let your knee buckle inward. Maintain your balance with each jump. Repeat the exercise for 30 sec. **2 sets**



12 JUMPING BOX JUMPS
Starting position: Stand with your feet hip-width apart. Imagine that there is a cross marked on the ground and you are standing in the middle of it.
Exercise: Alternate between jumping forwards and backwards, from side to side, and diagonally across the cross, jump as quickly and explosively as possible. Your knees and hips should be slightly bent. Land softly on the balls of your feet. Do not let your knees buckle inwards. Repeat the exercise for 30 sec. **2 sets**

PART 3 RUNNING EXERCISES · 2 MINUTES



13 RUNNING ACROSS THE PITCH
Run across the pitch, from one side to the other, at 75-80% maximum pace. **2 sets**



14 RUNNING BOUNDING
Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step (opposite arm and leg). Try not to let your leading leg cross the middle of your body or let your knees buckle inwards. Repeat the exercise until you reach the other side of the pitch. Then jog back to recover. **2 sets**



15 RUNNING PLANT & CUT
Jog 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (80-90% maximum pace) before you decelerate and do a new plant & cut. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side, then jog back. **2 sets**



Appendix 3 - Concussion Management

Recognising a suspected concussion at the time of injury is extremely important to ensure appropriate management and to prevent further injury. Sports Medicine Australia has created a great source of information on concussion management. You can find it here: [Concussion in Sport Policy](#)

Additionally, the Australian Institute of Sport has helpful guidelines and tools for Concussion identification and management: [Australian Concussion Guidelines for Youth and Community Sport](#)

What is a concussion?

Concussion is a disturbance in brain function rather than a structural injury to the brain. It is caused by direct or indirect force to the head, face, neck or elsewhere with the force transmitted to the head. A player does not have to be knocked unconscious to have a concussion. Loss of consciousness is seen in only 10–15% of cases of concussion.

Concussion is difficult to diagnose and only medical doctors can definitively diagnose a concussion. However, recognising a suspected concussion at the time of injury is extremely important to ensure appropriate management and to prevent further injury.

Recognising Concussion

In particular, watch for when a player collides with another player, a piece of equipment, or the ground

Visual signs

Players who sustain an impact to the head, face, neck, or body can demonstrate visual signs of a concussion such as:

- Lying motionless on the playing surface
- Getting up slowly after a direct or indirect blow to the head
- Being disoriented or unable to respond appropriately to questions

- Having a blank or vacant stare
- Having balance and coordination problems such as stumbling or slow laboured movements
- Having a face or head injury

Symptoms

- Headache
- Feeling "Pressure in the head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- Feeling more emotional than usual
- Being more irritable than usual
- Sadness
- Being nervous or anxious
- Neck pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slow
- Feeling like "in a fog"

Red flags

If any of the following 'red flags' are present, a severe head or spine injury should be suspected and the player should get immediate medical attention.

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headaches
- Seizure or convulsion
- Loss of consciousness
- Deteriorating consciousness
- Vomiting
- Increasing restless, agitation or aggression

Some key points of a concussion management are:

- If any signs or symptoms of concussion as described above are present, remove the player from the activity immediately.
- The player should not return to activity until assessed by a medical practitioner, even if they seem okay.
- A player who is removed from an activity because of a suspected concussion must not resume the activity for at least 48 hours, even if there are no signs or symptoms of concussion. An absence of signs or symptoms immediately after an incident is not a reliable indicator, because the signs and symptoms of a concussion may emerge up to 48 hours after the impact.
- Players should not be allowed to drive home.
- Coach should check on the player in a few hours and get an update on how they are feeling.
- Coach should notify the Player Welfare Officer via email on anuwfcplayerwelfare@gmail.com

CONCUSSION RECOGNITION TOOL 5 ©

To help identify concussion in children, adolescents and adults



RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS – CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/ burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

- Remember:**
- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
 - Assessment for a spinal cord injury is critical.
 - Do not attempt to move the player (other than required for airway support) unless trained to do so.
 - Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma

© Concussion in Sport Group 2017

STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More Irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

- Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:**
- "What venue are we at today?"
 - "Which half is it now?"
 - "Who scored last in this game?"
 - "What team did you play last week/game?"
 - "Did your team win the last game?"

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

The CRT5 may be freely copied in its current form for distribution to individuals, teams, groups and organisations. Any revision and any reproduction in a digital form requires approval by the Concussion in Sport Group. It should not be altered in any way, rebranded or sold for commercial gain.

ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

© Concussion in Sport Group 2017