

This form must be completed for all injuries which occur at Touch Football Australia affiliated associations or events. This is particularly important from an insurance perspective, to assist in streamlining injury claims.

## 1. Personal Details

Name:

Address:

P/C

Contact Phone Numbers:

H  W

M  F

Email:

## 2. Incident Report Details

Date:  /  /  Time:  am/pm

Team Name:

Opposition Team Name:

Venue:  Field Number:

## 3. Injury

Nature of Injury:

Brief Report of How Injury Occurred: \*

\* Attach further information on separate page if insufficient room.

## 4. Injured Participant Declaration

To the best of my knowledge, the above details surrounding my injury are true and accurate.

Signature:

Date:  /  /

## 5. Affiliate Representative Declaration

To the best of my knowledge, the details surrounding the injury are true and accurate. The injured participant is a registered and financial member of your association.

Name of Affiliate Representative:

Position (e.g. committee member):

Affiliate Name:

Signature:

Date:  /  /

Contact Phone Numbers:

H  W

M  F

Email:

## 6. Recommended Injury Action Plan

### Step 1:

- R – Rest the injured area
- I – Ice (20mins on, 20mins off for 48hrs minimum)
- C – Compress the injured area (eg. with a bandage)
- E – Elevate the injured area above heart level

### Step 2:

Complete this form (as soon as practical on the date the injury occurs) with assistance from a representative of your affiliate and keep a copy for your records.

### Step 3:

Call 1300 PHYSIO to seek treatment and diagnosis. 1300PHYSIO is an Australia-wide network of independent physiotherapists who provide special support to the touch football community. For more information visit [www.1300physio.com](http://www.1300physio.com).

### Step 4:

Your 1300PHYSIO physiotherapist will assist to lodge your insurance claim for up to 75% of all expenses (**this must be done within 30 days from the date of the injury**). Note, \$100 excess applies on claims, or possibly less if you have private health insurance. For more information about the insurance policy visit [www.sportscover.com.au](http://www.sportscover.com.au).



Got a Touch Footy Injury?  
*Find your local Physiotherapist*

We've hand-selected independent Physios around Australia to ensure you can rely on them with your injuries.

Our Physios are: *Highly-Qualified, Hands On and High-Quality* (& they treat all kinds of sporting injuries!)

Just call **1300 PHYSIO** (ie. 1300 749746) to find your local, quality-approved Physio.

[www.1300physio.com](http://www.1300physio.com) *preferred Physios of TFA*

