



## First Aid and Physio Information Sheet 2020

This sheet provides information about the First Aid and Physiotherapy services offered by PNA to its members on match days. Please ensure that your club members are aware of the following. This will ensure that any injuries can receive the most appropriate treatment as quickly as possible.



**HORIZON**  
PHYSIOTHERAPY  
CLINICAL PILATES  
BIKE FIT • PODIATRY  
WOMEN'S HEALTH  
FITNESS CLASSES  
MASSAGE THERAPY

### **Physiotherapy**

Horizon Physiotherapy will provide PNA members with a fully qualified physiotherapist onsite every Saturday between 12 noon and 5.30pm. They will be located next to St Johns in the Horizon Physio marquee against the wall of the State Netball Centre near the artificial grass court.

Horizon physiotherapy will assess and treat players with musculoskeletal injuries, such as sprains, muscle tears, ligament damage. They will have staff and equipment on hand to provide immediate and qualified treatment for these injuries.

### **PNA Strapping Service**

PNA will continue to provide a strapping service to players at the cost of \$6 per joint/body part. This service will operate from the same location as the physio and will be available from 8am until 4pm each Saturday. Strapping tape is also available for purchase from the PNA Match Office.



### **First Aid**

St John Ambulance will provide first aid services on Friday and Saturday again this year at Matthews Netball Centre. On Mondays and Wednesdays, a qualified first aid officer will be located in the Umpires' Room. The St John's first aid post will be located on the State Netball Centre forecourt, next to the artificial grass court and consists of two Event Health Officers and a fully equipped van with adjoining marquee. See location on the attached map.

St John's will be available to provide first aid treatment to players, officials and spectators for ailments such as cuts and abrasions, concussions, dehydration, allergies and asthma related issues.

The attached map provides more detail on the specific locations of first aid and physio services at Matthews Netball Centre.

## First Aid and Physio Services at Matthews Netball Centre

