



INJURY

If an athlete is unable to participate due to injury or medical condition, the athlete must complete an [ATTENDANCE FORM](#) to inform FHBC of the nature of the injury and estimated return to play timeline. This must be submitted in advance of the event (trial, training, etc.). This report will be kept in confidence. Athlete recovery timeline and return to play date will be shared with coaches.

In the case of long-term/chronic injuries, the athlete's continued involvement in a program will be determined on a case by case basis, supported by information provided by a medical practitioner.

Provincial: If a provincial (Team BC) athlete is injured and calling up a Reserve athlete requires consideration; a decision will be made at least 2 training weekends prior to competition or team departure date (if possible).

Expectations of attending training if sick/injured

Injured athletes are expected to attend training sessions and participate in some capacity, if possible. It is expected that athletes exercise their best judgment to determine whether attending sessions is in their best interest, i.e. in some cases, staying home may be in the best interest of the athlete to recover. In any case, the athlete is responsible for completing and submitting an **Attendance Form** in advance. Athletes are encouraged to speak with their coaches about injuries and/or illness. FHBC will follow up when there is action to be taken.

All athlete cases will be reviewed and considered on a case-by-case basis.

Field hockey is a team sport with positional requirements. FHBC reserves the right to determine program eligibility, team selection and team de-selection in all cases.

Athlete Program Manager

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Office hours: Monday-Friday 9:30-5:30pm