



WHAT TO DO IF YOU GET INJURED

AFL South East is responsible for the health and safety of all registered umpires within the AFLSE-SUA Umpire group and sometimes unfortunately injuries occur. Should you get injured during a practice match, training or during the season you must follow the steps below :

1. **Seek medical attention immediately**, (trainer, GP, hospital)
2. **Notify the Regional Director of Umpiring as soon as practicable** (0421 120 849 or email darren.holt@afse.com.au).
3. Darren will provide you with an injury report form and also the Workers Claim Form. You do not require a Certificate of Capacity if you are only claiming for medical and like expenses and do not have any restrictions stopping you from working in your normal, pre-injury role, but you still must complete the injured worker's claim form which we will send to you with the injury report paperwork.
4. Once your paperwork is completed and sent to us, it is then lodged with our insurer and reimbursement to you for any expenses incurred or payment to your practitioner for medical expenses can begin. Please ensure you keep your receipts, without them you can not be reimbursed.
5. If you are injured and need time off from your work you can make a claim for weekly payments to cover part of your lost income. Your weekly payments will be based on your pre-injury average weekly earnings (PIAWE), entitlements to sick leave, annual leave and redundancy payments. **You must get a Certificate of Capacity** if you wish to claim for weekly payments. The insurer will ask you for copies of recent payslips to calculate your entitlement.
6. **Complete your treatment.** You cannot return to umpiring/training until you have been cleared by your medical practitioner and provide us with a certificate of capacity (medical and weekly payments claims) stating that you are able to train and umpire with or without modifications. For those that are only claiming medical expenses or have been injured and have not lodged a claim a certificate from their treating practitioner will suffice.



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