

Recovery Facilities Requirements and Operating Procedures

Modality	When to be used	Proposed Benefits	Methods	Precautions
Ice Baths - Essential	<i>All athletes following competitive match play at International and national level</i>	<i>Analgesics effect</i> <i>Reduced inflammation</i> <i>Promotes muscle relaxation</i> <i>Address any acute tissue trauma acquired during match play</i> <i>Aids restoration of muscle work capacity when combined with cool down</i>	To be completed within 1 hour of match play Temperature of water between 10-12 degrees centigrade Athlete to be submersed from belly button down Exposure time 5 minutes minimum 7 minutes maximum Ice requirements approx. 3 kg per athlete (12 athletes = 36Kg)	Any athlete with circulatory problems, e.g Raynaulds Any athlete under age 18
Cool Down - Essential	<i>All athletes to complete after all training sessions</i>	<i>Increase in lactate clearance</i> <i>Facilitates a return to normal body temperature</i> <i>Reduction in exercise-induced muscle soreness</i> <i>Normalizes nervous system</i> <i>Decreases performance deficits associated with exercise induced fatigue</i>	Requires space equivalent to at least 1/3 of international standard netball court. Ideally in close proximity to show court if this is unavailable. Minimum of 20 minutes required in this area	

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Swimming Pool Access Desirable	<i>Can be used at any time in competition</i>	<p><i>Increase in lactate clearance</i></p> <p><i>Reduction in exercise-induced muscle soreness</i></p> <p><i>Decreases performance deficits associated with exercise induced fatigue</i></p> <p><i>Hydrostatic pressure helps address soft tissue swelling and inflammation associated with exercise or injury</i></p> <p><i>Facilitates exercise in a protected weight bearing environment due to buoyancy</i></p>		<p>Any athletes with skin conditions e.g. eczema</p> <p>Any non-swimmers identified and positioned appropriately</p> <p>activities or tasks may need to be modified. If they are not happy to go in the water land-based session instead.</p> <p>Supervising staff preferably have a lifeguarding qualification</p>