Current FA WSL Medical Regulations

1. Medical Personnel

1.1 Appointments/services

Each club shall appoint a part-time Chartered Physiotherapist and have access to a Medical Practitioner as and when required in accordance with the Competition Rules.

1.2 Qualifications

The physiotherapist employed by a club shall:

- Be a Chartered Physiotherapist;
- Be a registered member of the Health Professions Council and the Chartered Society of Physiotherapy;
- Have an Advanced Emergency Aid qualification.

The medical practitioner employed or utilised by the club shall:

- Be fully registered and licensed to practice by the GMC;
- Have appropriate medical indemnity to treat/advise WSL players;
- Have an Advanced Emergency Aid qualification;
- Preferably have Diploma or Masters in Sport and Exercise Medicine.

All coaching staff are to have sports emergency first-aid qualifications. Emergency Aid Qualifications that are recognised and will be accepted are:

- L M Medical – Sports Trauma Management;
- REMO;
- Rugby Football Union/Premier Rugby Pitchside Immediate Trauma Care Course (PSITCC);
- The Football Association AREA.

These courses are recognised by the Association of Chartered Physiotherapists in Sports Medicine (ACPSM) as the courses that will give you the trauma management skills required to fulfil the competencies for the Silver and Gold level on the Continuous Professional Development (CPD) pathway.

The REMO, FA AREA and RFU are the 'gold standard'. These courses are recognised and accredited by The Faculty of Immediate Medical Care – Royal College of Surgeon's, Edinburgh.

1.3 Continuing Professional Development (CPD)

Each physiotherapist employed by a club shall continue to keep abreast of current research and evidence-based practice in the physiotherapy field with a focus on sports-related injury and rehabilitation research.

The FA (women's medical staff) will support these individuals in the form of supervision, mentoring, and in-service training.

Physiotherapists should aim to undertake a minimum of 36 hours of professional development in a calendar year of which 18 shall be provided by means of formally-approved courses. Records should be kept of any CPD (formal or informal).

1.4 Attendance of Medical Personnel

Each club should have in attendance a medical practitioner at all home matches in accordance with the Competition Rules.

Each club should have in attendance a physiotherapist at all matches (home and away) and training sessions, and some additional sessions.

The physiotherapist will be expected to be present for three hours at home games (set-up, treatment of players before game, warm-up and after-game), and at away games for three hours plus travelling time. One home and one away game per week totals six hours.

The physiotherapist will attend club training sessions each week, which usually last two/three hours each. Assuming two/three club training sessions a week, attendance at training sessions should total six/nine hours. Club physiotherapists should also offer two extra clinic/rehabilitation sessions on other nights separate from training lasting two/three hours each (total six hours).

Therefore total attendance per week for Chartered Physiotherapists totals 18/21 hours.

1.5 Club responsibilities/equipment
No person other than a club's physiotherapist and/or medical practitioner shall be permitted to treat players on the field of play.

Clubs must provide emergency sports first-aid equipment for all matches and training sessions (spinal board, cervical collar, fracture splints, crutches, stretchers etc). These are to be easily accessible to the pitch.

Note: For guidance only – Estimated cost predictions

For physiotherapist:
Number of weekly hours for physiotherapist at a club: 18/21 hours, excluding travelling time to training and games.
Chartered Physiotherapist: hourly rate £30.00
Maximum total cost per week therefore totals £540/£630

Travel expenses should be negotiated with the club. They can either be included in a slightly increased hourly rate or based on mileage at 0.30 pence a mile.

For medical practitioner:
Proposed hourly rate of £100

Estimated equipment costs:
Spinal board and collar: £240.00
Fracture packs/splints: £ 40.00
Crutches: £ 20.00
Aircast boot: £120.00
Stretcher: £180.00
Oxygen: £200.00
Automated defibrillator: £1,000.00
Ongoing costs of physio first-aid equipment (tape, etc): £150.00 per season

2. Medical Records

The club physiotherapist and medical practitioner must ensure:

- Notes and records are kept securely;
- All medical records meet the standards set by the Chartered Society of Physiotherapy and the General Medical Council, as applicable;
- They abide at all times by the Chartered Society Of Physiotherapy Rules of Professional Conduct and the rules of the General Medical Council, as applicable.

Each club shall keep confidential medical records.
Please note these Regulations may be updated by The FA from time to time in its discretion.