



## St Sylvesters GAA

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### 2010 Physio Procedure

- The Executive has agreed to contribute €15 per physio visit as long as an injury was sustained in the course of a game or during a training session.
- Each player should contact his mentor reporting injury before attending the physio.
- Refunds will be given on a monthly basis. Each claimant is required to return receipts plus the completed refund form (Declan Mahon will have copies onsite) to their mentor before the end of each month. Mentors will then pass on the receipts to the Player Welfare Officer who will submit claims to the executive who in turn will try provide players with a refund of €15 per visit within 30 days.
- Players should also look at other ways of recouping physio costs such as private health care and PRSI. The executive encourage all players to have private health insurance as the scope of the GAA injury scheme is quite limited.
- Players are free to attend any physio that they may wish. Regardless of cost a refund of only €15 will be given per visit.
- The Adult Games Committee recommends that players use Declan Mahon as their physio. Contact details and directions to his practice are available on the club website.
- This procedure is under ongoing review in 2010. Therefore it is in everybody's best interests to ensure it is not abused and implemented correctly.