

# APPLYING TO AIS INTENSIVE REHABILITATION INSTRUCTIONS FOR HIGH PERFORMANCE DIRECTORS

## STEP ONE

Login to the Athlete Management System (AMS).

<https://ams.ausport.gov.au/asc>

If you have any issues with login to AMS please contact [ams@ausport.gov.au](mailto:ams@ausport.gov.au)

## STEP TWO

Select Enter Data for Athlete under Data Entry from the top menu then select the athlete you wish to apply for.



## STEP THREE

Select the 'AIS Intensive Rehabilitation Application' form as the Type of Event.

AIS Intensive Rehabilitation Application

## STEP FOUR

Complete the form, including attachment of relevant medical referrals, reports.

The following criteria will apply for an athlete to be considered by the AIS Intensive Rehabilitation team:

- Categorized high performance Australian athlete.
- Return to performance competition timeframe requires an intensive rehabilitation intervention.
- Sport can't provide the rehabilitation services and facilities required to support the athlete return to performance in the required timeframe, and
- Agreement to the conditions of AIS Intensive Rehabilitation.

Does the athlete meet the ARC criteria?

Yes No

The partnership between the AIS, the NSO and the athlete hinges on a spirit of collaboration. In applying to AIS Intensive Rehabilitation, all partners are expected to:

- Contribute to the discussion underpinning development of the athlete's rehabilitation plan
- Agree to the objectives of the rehabilitation plan and associated timelines
- Utilise the AMS to support communication between all partners
- Collaborate to enable a shared approach to rehabilitation, including throughout out DTE transition processes

AIS sports science sports medicine services will be provided free of charge; however, costs of external services, such as those incurred when seeing a specialist physician for imaging will be borne by the athlete and/or their NSO. Costs associated with flights, accommodation, meals and other incidentals are similarly borne by the athlete and/or their NSO.

## STEP FIVE

Once completed, press Save and Close at the bottom of the form. The AIS Intensive Rehabilitation team will be in touch within 7 days.

[AIS.gov.au](https://www.ais.gov.au)



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Having trouble submitting an application? Please contact AIS Intensive Rehabilitation at [IntensiveRehab@sportaus.gov.au](mailto:IntensiveRehab@sportaus.gov.au)