INJURY MANAGEMENT

The JIF rehabilitation centres provide:
- Physiotherapy, hydrotherapy, sports massage & other specialist therapies
- Concussion consultations
- Medical consultations
- Gym & specialist equipment

EMOTIONAL WELLBEING, CONFIDENCE & RESILIENCE

PJA 24hr confidential helpline & support network:
- JIF Psychologists at the rehabilitation centres
- PJA sport performance psychologist
- JIF Almoner pastoral support

PERSONAL DEVELOPMENT

JETS personal development managers can assist with:
- Career consultations
- Goal setting
- Communication/life skills

EDUCATION & TRAINING

JETS will assist you with:
- Career consultations
- CV & interview preparation
- Work experience & taster days
- Skills training & education courses

FINANCIAL

- PJA pensions & savings plans
- PJA can provide accountants details for budgeting & tax advice
- JETS scholarships & funding grants
- JIF grants

INSURANCE

- PJA insurance cover for:
  - Career ending
  - Legal (including motoring)
  - Travel (overseas medical & repatriation)
  - Private healthcare
- Discounted Private Medical Insurance & JIF grants
- PRIS (temporary & capital benefits): 01935 891974

FITNESS AND DIET

- JIF strength & conditioning coaches
- JIF physiotherapists
- JETS nutritionists
- Jockey coaches

REGULATORY/RACING

The PJA will help you with:
- Appeals, disciplinary & integrity matters
- Racecourse safety & facilities
- Licensing & employment issues

Useful videos, links & resources visit:
www.jets-uk.org/jockeymatters

Office: 01635 230410
www.jets-uk.org

Office: 01635 778108
www.thepja.co.uk

Injured Jockeys Fund: 01638 662246
Oaksey House: 01488 674242
Jack Berry House: 01653 602090
www.injuredjockeys.co.uk